

Practical Recipes

by

Mrs. B. B. Cutter

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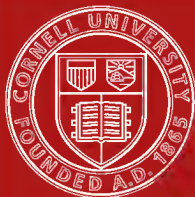


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PRACTICAL RECIPES

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BY
MRS. B. B. CUTTER



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PRACTICAL RECIPES

Soups

LILLA'S RECIPE FOR SOUP STOCK

3 pounds of lean beef; 1 pound bone; $5\frac{1}{2}$ quarts cold water; 2 oz. salt; 2 carrots; 2 large onions stuck with 4 cloves; 1 head of celery; 1 small parsnip; sprig of parsley. Simmer for 5 hours, skimming carefully from time to time. Never allow it to boil. Strain and set aside to cool. Next day remove all fat, and if the jelly is not perfectly clear, mix with it the beaten whites of 2 eggs. Boil quickly for one minute, remove from fire, skim carefully, taking care not to stir the soup.

TOMATO SOUP

Without Soup Stock for Fridays

1 quart tomatoes (fresh or canned); 2 large onions browned in 2 tablespoons of butter. Put

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the onions into the tomatoes and cook 15 minutes, with plenty of salt and pepper. Run through a colander, have ready a plate of bread spread with butter thickly and place a slice on each plate and turn a large ladle of the mixture (previously made very hot) over it. If not for a Friday soup add one pint of soup stock.

LEEK SOUP.

(Also for Friday)

4 large leeks; 4 large potatoes; 1 quart water (or soup stock); 1 cup butter, season highly with salt and pepper. Boil until smooth and put through a colander.

FRENCH LENTEN SOUP

Put into saucepan butter the size of an egg; when smoking hot add 2 large onions sliced thin, and cook thoroughly until they redden; then add gradually a tea cup of sifted flour. Brown very lightly, but do not permit to burn, then add slowly 1 pint of boiling water, a little pepper, celery seed and salt. Boil a few minutes, then pour into soup kettle and just before serving add 1 pint of cream and 1 pint of milk and 2 me-

SOUPS

dium sized potatoes, mashed, which have been carefully thinned with the soup before adding. Serve with small dice of fried bread.

OLD-FASHIONED SOUP

Procure a soup bone of any size desired, cover with cold water, salt to taste, and boil until tender; remove meat from kettle; pare and cut in small pieces potatoes, onions and carrots, if desired; add mixed spices tied in a cloth; when vegetables are well cooked, have this mixture for dumplings ready: 1 pint flour, 1 teaspoon baking powder and a pinch of salt, mixed to a dough with water; boil rapidly for five or seven minutes in a closed kettle. If soup is not thick enough, add a tablespoon of flour dissolved in a little milk.

GOOD POTATO SOUP

Wash and pare potatoes and put enough water over them to have about a pint, when done, for soup; cook rapidly, as potatoes should be well mashed up through it; when the potatoes are cooked, add 1 pint of milk, butter the size of a walnut, pepper and salt to taste; add a little thickening if necessary. One or two small onions

PRACTICAL RECIPES

cooked with the potatoes will give the soup a good flavor, if one likes onions.

PUREE OF POTATOES

Use 4 cups full sliced raw potatoes; 1 large onion sliced; 3 stalks of celery cut fine; 3 tablespoons butter. Cook in 4 cupfuls of beef stock until potatoes are done. Press through colander; add 2 cups sweet cream, 1 teaspoon of butter; 1 tablespoon chopped parsley, re-heat and serve.

BOUILLON

Take 3 or 4 pounds of round of beef and put in soup kettle with 3 onions and tablespoon salt and 4 quarts of water. Boil slowly and skim occasionally. About an hour before serving, add 4 leeks, a head of celery (divided); a bunch of parsley, 4 whole cloves (stuck in meat). Let it boil slowly on back of stove for 4 or 5 hours. Plenty of pepper and dash of tabasco. Strain and serve.

SOUP VELOURS

Boil a few carrots, when tender crush them and rub through sieve. Make a tapioca soup of very good consommé. When done add the purée

SOUPS

of carrots, taking care to mix it well. Let boil several minutes and serve.

MOCK TURTLE SOUP

Make a good stock of soup with vegetables, then pare 2 large onions, chop and fry in a heaping tablespoonful of butter. When nicely browned (not scorched), add 1 teaspoon each of ground cloves, cinnamon and nutmeg. Stir in 2 tablespoons of flour and brown, a dessertspoon of Worcestershire sauce, a few drops of tabasco, plenty of salt and pepper, and stir into the mixture some of the hot melted stock and strain through a colander, add enough stock for the number to be served. In the tureen have a fresh lemon sliced thin and 2 chopped hard boiled eggs. Delicious if carefully prepared.

ONION SOUP

4 large onions cut up, not sliced; 6 ounces of butter, salt and cayenne; 1 quart of stock; 1 pint of milk, yolk 4 eggs; $\frac{1}{2}$ loaf of French bread, cut in very thin slices and fried in butter; 2 tablespoons of Parmesan cheese. Slowly stew the onions in the butter one hour, stirring frequently, being very careful not to burn; add salt, pepper,

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cayenne, and stock. Cook one hour. Add one-third as much milk as stock. Have in tureen the bread and cheese. Beat up eggs and mix with them a ladle full of soup, pour this on the bread. Cover close and stand five minutes. Then add the rest of soup and serve at once.

MUTTON BROTH

Put 2 pounds of mutton and 2 quarts of cold water to boil, add 1 tablespoon of rice washed carefully. Let it boil until the meat will leave the bone and the rice is cooked into the liquid. Season with a little salt. This is a good way to prepare chicken broth also.

BISQUE OF CRAB OR LOBSTER

Have ready half a pint of crab meat, removed from the shell. Put in a saucepan over the fire 2 tablespoons each of butter and flour. Stir until smooth. Then add very gradually 1 quart of hot cream, and 1 quart of milk. Have perfectly free from lumps. Season rather highly with white pepper, a dash of cayenne, a little salt and a wine glass of sherry, and add the crab or lobster meat. Boil for a few moments and serve.

SOUPS

CREAM CRAB SOUP FOR TEN PERSONS

3 small crabs or two large fat ones, 1 quart of veal or chicken stock, 1 quart of heavy cream, 1 pint of stale bread, 2 tablespoons of butter, 1 tablespoon of flour, 1 fresh carrot, 1 silver skinned onion, 1 stalk of celery, chopped parsley, pinch of nutmeg or mace, salt, white and cayenne pepper to taste, 3 tablespoons of sherry wine and one of brandy.

Pick crab, being careful to take off all red skin, and put into a saucepan; then add nutmeg or mace, fresh carrot, onion and celery, a very small quantity of herbs, and half (only) of the soup stock. This must simmer 40 minutes, no longer, and do not permit it to boil up. Ten minutes later put in bread and the rest of the stock into another saucepan and allow this to simmer 30 minutes. When the first has simmered forty minutes, strain and put into the second saucepan, mix thoroughly and rub through a sieve. Put back on the fire and stir in the flour and butter after it has been well blended and cook five minutes; then add the heavy cream, which has been heated in a double boiler, and then the crab and let come to a boil, no more.

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Just as you take this off the stove stir in the brandy and sherry.

OKRA SOUP

Tomatoes and okra, equal parts, and boil one hour. Put in preserve jars for winter use.

VEGETABLE SOUP

After boiling a soup bone until done, add enough boiling water for the amount of soup desired; when boiling again add a large handful of cabbage chopped fine, $\frac{1}{2}$ pint of tomatoes, 3 large onions, 2 or 3 potatoes, and a small turnip; thicken with a large tablespoonful of milk mixed with a teaspoonful of flour; season to suit the taste.

CELERY SOUP

After boiling your beef tender, take out the meat and put in the amount of water desired for soup; cut in celery, boil, and add some noodles, as described in noodle soup; season with salt and pepper, and add a little thickening if desired.

CREAM OF CELERY SOUP

2 cups of white stock,
2 cups of milk,

SOUPS

- 1 bunch of celery,
- 2 tablespoons of flour,
- 2 tablespoons of butter.

Wash the celery and cut it into inch lengths. Cook it $\frac{3}{4}$ of an hour in enough boiling water slightly salted, to cover it, and rub through a colander. Rub butter and flour together, put them in a sauce pan and stir until they begin to bubble. Pour upon it the milk and the stock which have been heated and stir until thick and smooth, add to this the celery and season to taste. It should be smooth and without lumps.

BOUILLON

5 pounds of beef. 5 quarts of cold water. Let come to a boil slowly, skim carefully and set it on the range where it will boil slowly for 8 hours. Strain and set away to cool. In the morning skim off all the fat, and turn the soup into the kettle, not allowing the sediment to pass in. Add 1 onion, 1 stalk of celery, 2 leaves of sage, 2 of summer savory and 2 bay leaves, 2 pepper corn, 6 whole cloves. Boil gently 20 minutes; salt and pepper to taste; strain through a napkin. Serve with crackers if you choose.

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OKRA SOUP, SOUTHERN STYLE

Have a fat hen cut into say about 12 pieces. Take 1 large tablespoon of fresh lard and put in your soup pot. When it is very hot stir in a heaping tablespoon of flour, stir until it is a dark brown, then throw in 2 small onions, cut fine. When these are cooked put in your chicken, and allow the whole to fry 15 minutes, stirring to keep from burning. Have cut into small pieces 2 pounds of okra, which you put in with the chicken and allow to cook for 10 minutes; then add 3 quarts of warm, not hot water, stir and then place the pot on the back of the range where the soup will boil hard and steadily. About 1 hour before serving put six peeled and quartered tomatoes, 1 green pepper cut in small pieces in the soup, salt and pepper to taste. This soup must be served with rice.

COLD RUSSIAN SOUP

(*Mrs. H. D.*)

To 2 quarts of sour cream add 2 tablespoons of hashed young onions. $\frac{1}{2}$ glass of tops of young

SOUPS

beets. Cook thoroughly and put in colander, pour over cold water to take out coloring matter, then hash. Add to sour cream mixture 1 tablespoon of chopped feunee or parsley; $1\frac{1}{2}$ glasses of hashed cucumbers, drain off water, salt to taste. In each soup plate put a piece of ice and a few slices of cucumber.

This is sufficient for eight people.

If soup is too thick thin with a little thin cream.

DE FILTA (NOODLES)

Put a good, rich soup bone on to cook, and when it comes to a boil, skin and cut in pieces a large onion and put in. When the meat is nearly done, take for the noodle 4 eggs, $\frac{1}{2}$ teaspoon salt, and flour enough to make a stiff dough. For the filling take 2 pounds Hamburger steak, seasoned with salt, pepper and onions, 3 eggs and $\frac{1}{2}$ pint of soaked bread, and mix all thoroughly together. Roll out the noodle and spread the filling all over and roll up like jelly roll. Cut up in about a dozen pieces and drop them into the broth after taking the bone out. Cook about twenty minutes or longer, then serve. Do not dry the noodle.

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NOODLES

Take 1 egg, a pinch of salt, $\frac{1}{2}$ egg shell of sweet milk and work in enough flour to make a stiff dough; roll in thin sheets and spread out to dry for 2 hours. Then pile one on top of the other, roll tightly and cut fine. Cook in chicken broth or any good clear soup stock.

Breads

SPONGE

(The Foundation for Good Home-made Bread.)

To one quart of lukewarm water, add half a cake of compressed yeast, and 2 large boiled potatoes (mashed), after being rubbed through a colander. Then add flour (sifted), to the consistency of pound cake, and set it in a warm place to rise. When it is light and foamy, add half teaspoon of cooking soda, dissolved in a little hot water, and half a teaspoon of salt. Then sift into this batter enough sifted flour to make a rather soft dough. Set it to rise in a warm place, and when light mold it thoroughly on molding board, with flour enough gradually added to keep it from adhering to the board. Make it into small loaves and a few rolls. In half an hour cut through each loaf with a sharp knife, roll lengthwise and bake a nice brown.

PRACTICAL RECIPES

FRIED COFFEE ROLLS

Take a portion of the above bread dough, roll out as you would for soda biscuit and cut with biscuit cutter.

Let it stand for 15 minutes, then roll each portion lightly with roller and fry in hot lard as you would doughnuts, a few at a time.

SOFT DOUGH FOR ENGLISH MUFFINS

These English Muffins are made of this soft sponge (foundation for good home-made bread), rolled out and cut like biscuit, but baked on a griddle on top of the stove. When one side is brown turn over and brown the other side.

SODA BISCUIT

To one quart of sifted flour, add $\frac{1}{2}$ cup of butter, rub in well. 2 teaspoons of cream of tartar sifted with flour. 1 teaspoon of soda dissolved in one cup of sweet milk (or more if required) to make a soft dough. $\frac{1}{2}$ teaspoon of salt. Roll thin and bake a light brown.

BREADS

FRIED SODA BISCUIT

Take some of the above mixture and roll to half an inch thickness, then cut in inch strips and fry in hot lard, like doughnuts, a few at a time, and send to table hot on napkin. (Delicious.)

CRUMMIES

To one quart of sifted flour add 3 tablespoons of melted butter, 1 teaspoon of salt, and milk enough to make a stiff dough. Put it on the bread board and pound it hard for 15 or 20 minutes, or until it is very smooth. Then roll out and cut like soda biscuits, then take each one and roll out as thin as possible, the size of a breakfast plate, and prick it thickly with a silver fork, and bake a light brown. If the dough is made stiff and well pounded, there will be no trouble in handling them. You can bake only three or four at a time.

HOE CAKE

1 pint of fresh ground Indian meal. 1 teaspoon of salt, and boiling water enough stirred in gradually to allow the meal to swell, until you can spread it on a tin pie plate very thin, on

PRACTICAL RECIPES

which you have browned a piece of butter the size of a nutmeg, so the meal will not adhere. Bake in a very hot oven.

GERMAN POTATO PANCAKES

- 2 raw potatoes grated,
- 2 eggs, whites and yolks beaten separately,
- 1 teaspoon of salt,
- 1 teaspoon granulated sugar,
- 1 heaping tablespoon of flour,
- $\frac{1}{2}$ teaspoon baking powder.

Mix the potato with the yolks, then seasoning, flour and baking powder, and last of all, lightly stir in the beaten whites of eggs. Fry in small pancakes on hot griddle.

GERMAN TOAST

Beat 2 eggs, add $\frac{1}{2}$ cup of milk and pinch of salt; dip thin slices of bread in this and fry on a buttered griddle. Serve hot.

WAFFLES

One quart of flour, 3 eggs, 3 teaspoons baking powder (teaspoons), $\frac{1}{2}$ teaspoon of salt, 1 tablespoon butter, sweet milk enough to make a batter.

BREADS

BUCKWHEAT CAKES

One quart of flour, 1 teaspoon salt, 1 large cup of potato yeast. Let rise over night; before baking dissolve an even teaspoon soda in warm water, and bake on a hot griddle.

EGGLESS PANCAKES

One pint of buttermilk, stir very thick with flour; 1 teaspoon of salt, 1 of sugar; beat well, then add 1 heaping teaspoon soda in cup of boiling water; then stir well and bake on hot griddle.

CORN DODGER

One quart cornmeal, 1 salt spoon salt, 1 teaspoon sugar; scald all together with boiling water, leaving it thick enough to mould with hands; cover and let stand to swell and cool enough to work with; now stir in 1 teaspoon butter, and form into oval cakes; have a hot griddle well greased, brown on both sides and serve very hot. These cakes should be nearly an inch thick, and therefore must be baked slowly and turned several times.

CORN MEAL MUSH

Have the quantity of water you want in pot,

PRACTICAL RECIPES

not quite boiling. Stir in the meal and let boil a few minutes, until thick as you like it, salt and set in oven. It will require no stirring. Bake one hour. You will not have raw lumpy mush.

RICE PONE

To 2 cupfuls of boiled rice add 3 well beaten eggs; 2 cupfuls of milk; 1 teaspoonful of salt; $\frac{3}{4}$ cup corn meal, and 3 tablespoons of melted butter. Beat all well together and bake in a shallow, well greased pan. The oven should be very hot.

BEATEN BISCUIT

No. 1.

Add an even teaspoon of salt to 1 quart of flour and sift it. Rub $\frac{1}{2}$ a cup of butter into the flour, then stir in $\frac{1}{2}$ a cup of yeast, adding enough warm milk to make the dough just stiff enough to handle. Put on board and knead well. Let rise until light. Take a small piece of dough on flour board at a time, roll thin, cut with biscuit cutter, or in squares, then lay two of them together with tiny bits of butter between. Let rise again. Bake in a brisk oven until a nice brown.

BREADS

BEATEN BISCUIT

No. 2

1 quart of flour, $2\frac{1}{2}$ oz. butter, 1 teaspoon salt; stir up the greater part of the flour with the milk and butter; beat for 20 minutes, adding the rest of the flour as you beat; divide the dough into 14 biscuit, stick with a fork and bake in a hot oven one half hour.

POP OVERS

4 eggs (the yolks and whites beaten separately), 1 pint milk, 1 teaspoon salt, 2 cups sifted flour. Put in pop over tins and bake.

DELICIOUS WAFFLES

2 cups of flour, 3 teaspoons Royal baking powder, salt, $\frac{1}{2}$ cup of cream, 2 eggs beaten, 1 tablespoon melted butter.

A very nice way to serve butter with waffles is to melt it and put in a glass pitcher.

RAISED BATTER CAKES

Put half a cake of yeast in a little warm water to dissolve, then add nearly 1 quart of warm water, to that add sifted flour enough to make batter. Let stand 4 hours in cool place or a

PRACTICAL RECIPES

shorter time in a warm kitchen. Do not forget salt. Fry on griddle. Add $\frac{1}{2}$ teaspoon soda.

DELICIOUS MUFFINS

2 cups flour, 3 teaspoons Royal baking powder, little salt, $\frac{1}{2}$ cup of cream, 2 eggs beaten, 1 tablespoon melted butter. Pour into muffin moulds and bake.

SHORT BISCUIT

1 pint of flour, butter the size of an egg, milk enough to moisten salt. Knead—roll on marble and add more butter, amount about size of 2 eggs, in small pieces like pastry. Cut like biscuits and bake pale brown.

CREAM TOAST

Toast the bread a light brown, evenly on both sides. Heat half a cup of milk, with a piece of butter and a little salt, and pour over the slice of toast. Add 2 tablespoons of rich cream.

LIGHT PANCAKES

2 eggs beaten separately; 2 teacups of sweet milk; $\frac{1}{2}$ teaspoon of salt; stir in enough flour to make a thin batter, beat thoroughly, add 1 tea-

BREADS

spoon baking powder, then fold in whites of the eggs beaten to a stiff froth.

CORN BREAD

2 eggs, 1 teaspoon salt, 1 of soda, $1\frac{1}{2}$ pints of buttermilk, or sour milk, put in white corn meal enough to make tolerably thick batter, 1 tablespoon of butter; a well greased baking pan, smoking hot when the batter is put in. Brown a teaspoon of butter in the pan, then pour the batter into it and put directly in the oven. It is better to bake in two small pans and put the second one in the oven when the first is taken out so as to serve hot and just out of the oven.

CORN SOUFFLÉ

1 pint of milk,
 $\frac{2}{3}$ cup of corn meal,
1 tablespoon butter,
4 eggs,

$\frac{1}{2}$ teaspoon of salt. Put milk over fire in double boiler. When hot add meal, cook 5 minutes and add butter and salt and let cool. Add beaten yolks very carefully. Fold in beaten whites and bake a half hour in deep granite dish. Serve as hot bread or as a cereal.

PRACTICAL RECIPES

VIRGINIA CORN CAKE

Put $1\frac{1}{2}$ pints of milk over the fire to heat; add 1 heaping tablespoon of butter. When the milk is scalding hot pour it over 1 quart of sifted Indian meal. When cold stir in $\frac{1}{2}$ pint of wheat flour, a tablespoon of sugar, add a little salt and 2 well beaten eggs. Bake in two well greased tins and serve hot.

VIRGINIA BEATEN BISCUIT

Take a spoonful of butter and one egg to every quart of flour. Cut the butter in small pieces and mix through the flour, add the egg well beaten and salt to taste. Mix with enough milk to make a stiff dough. Beat until the dough is soft or until it breaks when pulled. Make into round biscuits, prick with a fork and bake quickly.

WAFFLES LIGHT AS AIR

The following recipe is *perfect*.

To 1 quart of flour add:

1 pint of warm (not hot) corn meal mush,
7 eggs beaten light and separately,

1 teacup of sweet cream, and fresh milk sufficient to make a thin batter. Stir the cream and beaten yolks into the mush, add the flour and

BREADS

fresh milk, stirring well until perfectly smooth. The whites of the eggs should be well beaten and added last. Salt to taste. This batter should be as thin as buttermilk.

POP OVERS

1 cup of flour,

1 cup of milk,

A piece of butter size of an egg; a pinch of salt. Bake in gem pans.

TOASTED CRACKERS

Take milk crackers (round ones) put them in a bake pan and place in the oven for 15 minutes, turning them over so that both sides are browned. Take them from the oven and spread them while hot with *fresh* butter, give them a dash of cayenne pepper. Let them get cold and serve with oysters.

CORN BREAD

A heaping, large iron spoon of flour, salt, five or six eggs beaten separately; 2 large iron spoons (cooking spoon) of good butter; 1 quart of white corn meal. First scald your meal with boiling milk and let stand until the meal cooks; also melt the butter and let cool a little. Now stir

PRACTICAL RECIPES

the yolks of eggs into the meal, then add salt to taste, then a quarter of a cup of sugar, beat thoroughly, then add a little milk, then the flour, then more milk, lastly the white of eggs. Beat the butter in before putting in the eggs. Work 2 teaspoons of yeast powder into the sifted flour. Butter your baking pans, pour in the mixture and place in the oven at once. Bake about half an hour or until the straw comes out clean. Use milk enough to make the corn bread the consistency of thin cake.

CORN CAKE

1 pint of grated green corn, $\frac{1}{2}$ cup of flour, $\frac{1}{4}$ cup of milk, 2 eggs, 1 dessertspoon melted butter. Beat eggs separately, add yolks to corn, then milk, then flour, and salt well, then stir in carefully the well beaten whites. Cook on hot griddle.

GEM CAKES

A little yeast, 1 egg, 1 pint of flour, water to make rather a thick batter, a little salt, half a teaspoon soda dissolved in boiling water. Let it rise four or five hours. Drop a tablespoon of batter in small gem pans and bake fifteen minutes.

BREADS

RECIPE FOR WHOLE WHEAT (FRANKLIN MILLS) BREAD

Mix with one quart of milk,—

$\frac{1}{2}$ teacupful of molasses (New Orleans),

1 teaspoonful of salt,

$\frac{1}{2}$ tablespoon of butter, and

$\frac{1}{2}$ cake of yeast.

Then stir in (this flour cannot be kneaded)
 $2\frac{1}{2}$ lbs. of W. W. flour—

Add raisins if desired (they keep the bread fresh longer than without and are very wholesome).

Bake in well buttered pans.

The above quantities yield 2 loaves of ordinary size.

FRIED TOAST

Take yesterday's bread, sliced as for toast with crust removed; have a bowl of cold water at hand, into which you dip quickly the bread and fry in hot fat, lard or dripping. Fry on one side, salt, turn over and fry the other side brown. Delicious with coffee.

PRACTICAL RECIPES

CREAM TOAST

Toast the bread evenly on both sides, heat a cup of cream with a little salt, a small piece of butter, turn over the toast in a hot dish and serve.

DRIPPING TOAST

(Mrs. H. T. S.)

Take the dripping saved from roast beef and spread on nicely toasted bread and put in the oven to brown. It is delicious.

Egg Recipes

EGGS IN THE NEST

Whip the white of the eggs to a stiff froth, spread in a buttered pie pan; make as many holes in the white as you have yolks, and place each one in its nest; put a piece of butter on the top of each yolk. Salt and pepper to taste and bake to a dainty brown. Serve immediately.

BOILED EGGS

Pour boiling water on eggs and put on back of stove, where they will keep hot but not boil, for five minutes.

SPANISH OMELETTE

Fry 2 onions nice and brown (chopped fine) in 2 tablespoons of butter; add 2 green peppers, plenty of salt; add 1 quart of fresh ripe tomatoes, and stew until smooth; then add 6 eggs, partially beaten. Cook for a few minutes and serve while it is light and fluffy. Delicious for luncheon with hot soda biscuit.

PRÁCTICAL RECIPES

ANCHOVY EGGS

Boil eggs hard, cut in half and remove yolks. Put them in mortar and pound to a paste; add Cross & Blackwell's anchovy sauce until it is shrimp pink in color, a little cream and cayenne pepper. Fill each half of whites of eggs with this mixture and put together. Take two wooden tooth picks and put diagonally through to hold them together, and serve with salad. If preferred hot, dip in beaten egg and fine bread crumbs; fry in deep lard or oil and serve for luncheon.

EGGS MARINIÈRE

Small shirred egg dishes. Put raw egg in center of each dish. Around it put a few small raw oysters, then shrimps or oyster crabs until you have made a circle of them, over it pour cool cream sauce, sprinkle with fresh rich grated cheese, salt and cayenne pepper. Put in moderate oven and cook until egg is cooked. but not hard.

BOILED EGGS

Turn boiling hot water over eggs that are placed in a heated covered dish and send to table at once. They will be ready to eat in seven minutes.

EGG RECIPES

ANOTHER WAY TO SERVE EGGS

Drop a fresh egg (little covered cups come for the purpose) in a cup with a small piece of butter, salt and pepper, cover and stand in a saucepan of boiling water five minutes. Served in the cups. Nice to send with a guest's breakfast.

POACHED EGGS ON TOAST

Poached eggs are delicious if a dessert spoon of brown butter is turned over each one.

SCRAMBLED EGGS

2 tablespoons of butter lightly browned, 6 eggs carefully broken to keep the yolks intact, salt and pepper the yolks and clip them into the pan of butter without stirring until the whites are set, then stir gradually the whole mixture together with a knife for a few moments and serve soft on buttered toast. Be particular not to allow the yolks to harden.

EGGS FRIED IN OIL

Delicious for supper with beer. Take 1 quart of oil and let come to a boil. Drop in raw eggs and let fry light brown, salt and pepper and a little cayenne.

CURRIED EGGS

Warm a cupful of good gravy, stirring into this curry powder to taste, wet up in cold water. Into this sauce when hot put sliced hard boiled eggs. This can be cooked in a chafing dish.

EGGS à la LYONNAISE

Melt 1 tablespoon of butter and when hot brown in it a couple of small onions chopped very fine. Add to this a little salt, and six hardboiled eggs cut in slices. Serve very hot.

Cheese Recipes

WELSH RABBIT

1 pound grated, rich cheese; brown 2 table-spoons butter in chafing dish. Put in the cheese with a saltspoon of salt, a dash of red pepper and stir constantly until it becomes a smooth cream. Then add about a claret glass of ale, and when thoroughly mingled, add 2 eggs, partially beaten. Have ready slices of nicely buttered toast, crust removed, drop a piece at a time into the rabbit and serve on hot plates.

WELSH RABBIT

No. 2.

Welsh rabbit made with tomatoes added to its other ingredients has at least the advantage of being a change, and, incidentally, here is a recipe that is almost infallible:

Cut 1 pound of cheese, which most grocers have on hand for the purpose, into dice, put into the chafing dish, and stir until thoroughly

PRACTICAL RECIPES

melted. Have ready 2 eggs well beaten, and, in another cup, $\frac{1}{2}$ glass of milk in which has been stirred a teaspoon of dry mustard, a little paprika, and a saltspoon of salt. Stir this mixture slowly into the cheese, and, when thoroughly incorporated, add the beaten eggs. When ready to serve stir in a cupful of stewed tomatoes or a cupful of fried onions.

CHEESE SOUFFLÉ

(Mrs. W.: Delicious for evening supper)

1 tablespoon butter, 1 tablespoon of flour, 1 cup of milk, $\frac{3}{4}$ cup of grated cheese, salt, pepper and paprika to taste. 4 eggs beaten separately. Melt butter and mix with flour and yolks. Heat milk and add cheese as soon as it is hot and cook, stirring constantly, until like custard, then add stiff whites. Cover and cook 10 or 15 minutes.

CHEESE STRAWS

To one cup grated cheese add salt and pepper, 2 tablespoons melted butter, 3 tablespoons cold water. Add enough flour to make a soft dough; roll as thin as pie crust; cut in strips one-fourth inch wide, and bake.

CHEESE RECIPES

CHEESE SOUFFLÉ

No. 2. (*Mrs. J. R.*)

2 tablespoons butter,
1 tablespoon flour,
 $\frac{1}{2}$ cup of milk,
3 eggs,
 $\frac{1}{2}$ teaspoon salt, cayenne to taste.
Cook 20 minutes.

CHEESE FONDU

(*Mrs. H.*)

1 teaspoon of butter melted in a chafing dish,
1 cup of milk,
1 cup of fine bread crumbs,
1 cup of grated cheese.
Season with cayenne and a little dry mustard
and salt.
At the last moment stir in two well beaten eggs.

A NEW WAY TO SERVE

CHEESE

Make some puff paste, roll it out and cut into squares of about three inches. Beat up the yolks of 2 eggs, add a little made mustard, a dash of cayenne pepper, and 2 tablespoons of grated

PRACTICAL RECIPES

Parmesan cheese, to form a thick paste. Place a spoonful of this mixture in the center of each square, pull the four points together into the center, pinching them together to make them stand up. Bake for 10 minutes. Arrange on a napkin and serve very hot. A very nice dish for a late supper.

WELSH RABBIT

(*Mrs. H.*)

Take of good sharp American cheese one pound, chop (not grate) it until it is reduced to pieces the size of a pea. On it sprinkle separately a pinch of cayenne pepper, a generous, although not heaping teaspoon each of salt and dry English mustard. Mix well together after having turned all into a chafing dish. Then pour over the cheese a tumbler full of ale. The fire must be clear but not too brisk. Stir constantly but gently until the cheese is all melted into a semi-liquid or cream-like consistency. Mix in one well beaten egg, stir again for $1\frac{1}{2}$ minutes, then pour over the toast. Beer or ale should be served with Welsh Rabbit.

CHEESE RECIPES

CHEESE SCRAMBLE

(*Mrs. J. N.*)

1 cup of grated American cheese.

1 tablespoon butter.

Melt butter, then stir in cheese, stirring constantly until smooth.

Have in a cup a little Worcestershire sauce, paprika, white and cayenne pepper, salt, tabasco and add to cheese. Then $\frac{1}{2}$ cup of sweet cream, after add 6 eggs well beaten. Serve on hot buttered toast on very hot plates.

CHEESE BALLS

(*Mrs. H. B. C.*)

The whipped white of one egg. 4 tablespoons of grated mild Eastern cheese. 3 drops of Worcestershire sauce. Season with salt, pepper and cayenne, and make into balls, rolling in fine bread crumbs and drop into hot boiling lard until light brown. Use wire basket for frying them. Serve balls with cold salad.

Oyster and Clam Dishes

CLAM BROTH

100 small hard-shelled clams thoroughly washed. Pour over 1 quart boiling water. Allow to cook until shells open. Remove shells; add butter, pepper and very little salt. Strain all through colander. Serve in cups, a teaspoon of whipped cream on top of each.

FRIED CLAMS

(Lambs Club)

Put clams in flour first, then in egg batter, then in cracker dust, and drop in boiling hot fat. When fried brown, serve.

SPANISH OYSTERS

(Mr. A. C.)

Six dozen Eastern oysters, 1 cup of olive oil, 1 cup of vinegar, 1 dessert spoon of salt, 1 dessert spoon of whole black peppers, 1 dessert spoon of

PRACTICAL RECIPES

whole red peppers, 2 tablespoons of oregano (sweet marjoram), 1 teaspoon of mixed mustard, 2 or 3 teeth of garlic. Mix these ingredients thoroughly and let them come to a boil, then drop oysters in carefully with a cup of their liquor. If too sharp add more oyster liquor. Cook whole almost to a boil. Take off fire and add 1 sliced lemon or lime, and 1 or 2 green Chile peppers. Serve cold.

This is also a delicious dressing for fish.

SOFT CLAMS à L'ANCIENNE

Take very fresh soft clams drained on a linen cloth, season with very little salt and pepper and rolled in flour; now cut 2 ounces of bacon in long slender strips (like Julienne). Fry the bacon in a pan until crisped, then take it out and put it on a dish; fry the clams in this bacon grease; dish on a hot platter, lay the pieces of bacon on the clams, pour over the whole the contents of saucepan and serve very hot.

CLAMS à la NANTAISE

Heat the saucepan with a small piece of fresh butter. When hot add a chopped onion and fry lightly; then add some flour, fry one minute more; then add some good bouillon, pepper,

OYSTER AND CLAM DISHES

salt and the chopped clams, allow to boil once, add some chopped parsley. If of the right thickness fill in the shells, besprinkle with bread crumbs and a few pieces of butter, and bake in a hot oven.

OYSTERS BELLEVUE

Take 2 pats of fresh butter, put in chafing dish and let bubble, add some finely chopped celery, cook until soft. Add a little dry English mustard, salt and paprika. Pour in half pint of cream, let come to a boil, then add a dozen good oysters, bring to a boil again, add glass of sherry and serve hot.

CLAM FRITTERS

50 small clams chopped fine, 2 eggs slightly beaten, 2 tablespoons sifted flour to make clams hold together. Fry on hot griddle like pancakes.

ed

CRAB MEAT

(*Mr. C. P.*)

1 quart selected crab meat. $\frac{1}{2}$ pound oyster crabs. 1 pound fresh mushrooms. $\frac{1}{2}$ pound truffles. 1 sweet red pepper chopped fine. Cook in chafing dish with cream, with seasoning to taste.

Fish

FISH CHOWDER

(Delicious)

4 pounds of large fish—sturgeon the best—codfish or halibut can be used. Throw into salt water. 2 doz. medium sized potatoes sliced, 1 doz. medium sized onions sliced. Both put in cold water until ready to cook. 1½ pounds of fat salt pork sliced. When ready to cook fry a few slices in bottom of kettle in which it is to be cooked and proceed as follows: A layer of fish which has been cut in 4 inch squares with salt and pepper—then a layer of potatoes—then a layer of onions with more salt and pepper. Repeat from beginning, putting a few small pieces of pork with each layer. Then pour boiling water over, sufficient to cover all that is in the kettle, and let it boil for three-quarters of an hour, or until the potatoes are soft. Have three hard tack crackers broken into a quart of hot milk in which a piece of butter the size of an egg has been mixed with

PRACTICAL RECIPES

a tablespoon of sifted flour, and turn over the chowder about ten minutes before it is served. Half of this quantity can be made for a small family. Hot water can be added to make it the proper consistency.

STEWED CRAB

For one crab, take large tablespoon of butter, melt in saucepan and add 1 tablespoon of flour; then add boiling water to make a rather thick gravy. Add some chopped parsley and chopped green pepper, and pepper and salt to taste. Add the picked crab and cook for a few minutes and serve.

SEA BASS MEUNIÈRE

When fish is cleaned and the bones taken out, wash it and salt lightly, and turn it in flour. Then place a frying pan on the hot range, with a good tablespoon of butter, when the butter is hot (but not brown) place the fish in and fry lightly on both sides until done. Then place the fish on a warm dish and pour its butter with some chopped parsley over it and besprinkle with a few drops of lemon juice and send to the table.

FISH

HOW TO COOK TURBOT

Purchase the smallest (because they are best) turbot. After the usual cleaning, put them into a frying pan and boil in water for 15 minutes; then take them from the pan and skin them on both sides, carefully removing all bones and keeping the four sections intact (not crumbling it up). Then wrap up each $\frac{1}{4}$ of the fish in nice white paper with a good lump of butter folded in, place in the oven five minutes, turning the papers once. Season to taste and then eat the best salt water fish that floats in the ocean and one of the most neglected as well as choice.

BAKED FISH

Split through the belly, lay in salt and water for an hour. Dry thoroughly, sprinkle with salt and pepper, and cover about half an inch thick with dressing of chopped onion, green pepper, and a lump of butter. Sprinkle thickly with bread crumbs, bake and serve.

TO FRY SMALL FISH

Lay in salt and water for an hour. Take out, dry with clean cloth, dip in milk, and drop in hot

PRACTICAL RECIPES

lard, a few at a time, until they become a red brown.

BAKED OR BROILED MACKEREL

Soak a No. 1 mackerel in milk over night (after washing it in cold water several times and leaving it to soak for an hour or so), put it on a little grating in a dripping pan with a cup of water in the oven without washing off the milk, with bits of butter and plenty of pepper and cook brown, put some melted butter over it, or prepare in the same way and broil it. Serve with creamed potatoes. Take cold boiled potatoes or raw ones, and cut in little dice, salt and stew in cream, or as a substitute a little milk with a little butter and a teaspoon of cornstarch, cook until the potatoes are soft (if raw) or the gravy is like thick cream.

CRAB OR LOBSTER CREOLE

Rub a stew pan with garlic, put in 2 ounces of butter and 3 green onions and 2 green peppers (no seeds) chopped fine; add salt, pepper and a little cayenne and stew slowly 10 minutes; then add 1 large tomato, cut small or the same quantity of canned. Stew this until tomato is

FISH

smooth, and add a teaspoon of flour, and cream enough to make as thick as drawn butter. Put into this a finely picked crab or a finely chopped lobster and serve on buttered toast.

SHRIMP OR LOBSTER CRO- QUETTES

Put a heaping tablespoon of butter in a saucepan and when it bubbles put in a tablespoon of flour, cook it and add a cup full of boiling cream, stirring constantly until the mixture thickens very thick. Remove from the fire and when slightly cooled, stir in the beaten yolks of three eggs, cayenne and salt to taste, return to the fire and stir until the eggs are well set, then add 2 cups of shelled boiled shrimps, chopped crab or lobster, butter a platter and spread the mixture on it and set it away to cool. When cold roll into croquettes, dip in cracker crumbs twice and fry in boiling lard. Serve with mayonnaise sauce on a lettuce leaf.

SHRIMP OR LOBSTER POU- LETTE

1 cup cream, 1 tablespoon butter, 1 teaspoon cornstarch (heaping), yolk 1 egg, salt and pep-

PRACTICAL RECIPES

per to taste and 2 cups of shelled shrimps. Let the butter come to a boil, when it bubbles stir in the cornstarch, then the cream and seasoning, then the well-beaten yolk, and lastly the shrimps. Served on toast. Small clams slightly chopped may be substituted if shrimps are not available.

FISH TIMBALES

Take one cup of white fish (halibut); yolks of 4 eggs, stir in well; $\frac{1}{4}$ cup butter; $\frac{1}{2}$ cup of panada; 1 cup of sweet cream; salt and pepper. Put all in the ice box and let remain until stiff. Butter the timbale moulds, place in pan of hot water, bake 20 minutes; serve immediately with cream or anchovy sauce.

SOLE à la MARGUERY

(*Mrs. J. R.*)

Skin fish—rub with white pepper, salt and a little butter—put in roasting pan, add $\frac{1}{2}$ cup of white wine and cook 10 minutes.

Meanwhile make a thick butter sauce, add a little of the liquor of the oysters, also a little of the water the fish has drawn. Now cover fish with grated bread crumbs and pieces of butter. Warm oysters before pouring over the fish and add equal quantities of shrimps. Pour sauce over all and bake until done.

FISH

A DELICIOUS WAY TO COOK SALT MACKEREL

Soak your mackerel 24 hours, then hang up 24 hours longer. This gives it a chance to get quite dry and firm. Have in a frying pan some butter very hot, fry the mackerel in this first on one side and then on the other, the bone side first, in turning do so carefully to keep from spoiling the looks. While it is frying, carefully loosen the big center bone and any others you wish, and take out, serving the fish on a platter with a sauce of pepper and rich cream heated together and pour this over the fish and serve immediately.

Soak your fish as above 24 hours and hang 24 hours, then pour nearly a cup of the richest cream over it and put the fish on a flat baking pan in the oven and let bake about half an hour. Take up carefully and place on platter, pouring the cream sauce over and serve.

SOLE à la BOHEMIA

Cut a sole of flounder into four pieces (filet). Roll each one up, stuffing it with a mixture of green onions, bread, salt, parsley, chervil and pepper. Roll around each piece a thin slice of pork

PRACTICAL RECIPES

and fasten with a string (or wooden toothpick). Put a small piece of butter on each and stand it on end, cover each with a thin slice of lemon and bake until brown.

MRS. YOUNGER'S FISH PIE

2 pounds of solid Halibut boiled in very salt water. Pick in good sized flakes, and lay in bottom of buttered baking dish, placing butter, salt and pepper over it. Layer of shrimps, layer of California oysters, seasoning each layer with butter, salt and pepper. 1 cup of cream and 1 tablespoon of flour mixed together. Put 2 beaten eggs in the cream. Cover with crust, slash the crust in places and bake.

OYSTER COCKTAILS

100 California oysters,
2 limes, the juice only,
1 large spoonful pepper vinegar,
1 teaspoon Worcestershire sauce,
3 tablespoons of tomato catsup,
Salt to taste and a dash of tabasco,
3 tablespoons of the oyster juice.

FISH

OYSTERS ROASTED ON THE HALF SHELL

Have your oysterman send you as many *large* oysters as you require, opened on the half shell. Put them carefully in a baking pan, and lay a small lump of butter on each oyster, a pinch of salt and a dash of red pepper. Place them in a hot oven, wait until the edges curl. Then serve hot on the shell with half a lemon.

DEVILLED CRAB

Boil crab and remove flesh from shell, chop fine. Brown a lump of butter the size of a large egg, add a teaspoon of flour and a pinch of celery salt, and a dash of red pepper. Let one small onion chopped fine and a bit of parsley simmer in the brown butter a few moments, then add the crab with a small glass of dry sherry, and a cup of cream. Fill the crab shell with this mixture and cover with cracker crumbs and a lump of butter. Brown in a quick oven. (Delicious.)

SHRIMP OR LOBSTER CURRY

1 pound shrimps or lobster; $\frac{1}{2}$ can tomatoes, a little chutney powder, 2 tablespoons butter, 2 tablespoons chopped onions, 1 teaspoon chopped

PRACTICAL RECIPES

green pepper, 1 cup cream, 2 teaspoons curry powder, 1 tablespoon flour; brown butter, add onions, let cook until quite soft, add flour, let cook but not brown; then the chutney and curry powder; then tomatoes and green pepper; then cream; let thicken in boiling; then fish; allow fish to become hot only when you serve.

RUSSIAN SALAD

(*Mrs. H. B. C.*)

Cold boiled sirloin of fish, packed with oil and lemon juice for 24 hours before needed. Place fish on bed of cold lettuce leaves, cover with Capri mayonnaise and garnish dish with cold boiled eggs, lemon and anchovies.

Capri Mayonnaise

Yolks 3 eggs, salt, pepper, English mustard. Work until very smooth, then add $\frac{1}{4}$ cup of boiling soup stock, add very gradually 3 tablespoons olive oil.

Dishes for Luncheon

SCALLOPED VEAL

Take 2 slices of young veal off the leg, and partly cook on both sides in hot salt pork fat (cut in dice). Remove the veal which has been salted and peppered to a meat board, and cut in inch squares and return to the pork fat and brown. When cooked, sprinkle with flour and stir until it is browned, and add hot water enough to moisten it and make gravy.

CORNED BEEF HASH

Take 2 cups of cold corn beef, chop fine, and three (3) cups of cold boiled potatoes, also chopped, put in saucepan, with a lump of butter, pepper and milk enough to moisten it, cover it and let it stew slowly, until thoroughly heated. Do not stir.

LAMB HASH

Take equal quantities of cold boiled lamb and cold boiled potatoes, and cut in small dice, or

PRÁCTICAL RECIPES

roasted lamb, put in saucepan and add some of the liquor the lamb was boiled in, and some drawn butter, that was served with the lamb, with salt and pepper, and stew slowly for 15 minutes, or if gravy is left over from the roast, add enough to make a moist hash.

PIGS' FEET FRIED

Get 6 pigs' feet boiled tender in the market. Reboil if not tender when received. Split them and put in a stone crock or earthen bowl (not tin or metal) and turn over them the following: 1 pint of good cider vinegar, not too acid, into which you have put a tablespoon of cinnamon, teaspoon of ground cloves and allspice, 2 tablespoons each of black and white mustard seed, boil to extract the flavor of the spices, and when boiling hot, turn over the feet and cover. The next day they will be ready to fry in butter. Take 2 tablespoons of flour, rub smooth with cold water, and then thin it to consistency of thin cream, dip each half foot in this mixture and fry a crisp brown. When they are just put into the pan cover with tin cover to keep the butter from spattering.

DISHES FOR LUNCHEON

FRIED TRIPE

Tripe soured like the previous recipe in fact can be put in the same crock, but when taken out of the vinegar to fry, must be dried on a clean towel and sifted flour sprinkled over it and fried crisp in butter or broiled.

PICKED UP CODFISH

Take $\frac{1}{2}$ pound of salt codfish and soak it in cold water over night (after making it perfectly clean). Take it out of the water and place it in the oven for 15 minutes or until it is steaming hot, without cooking, take two forks and shred it finely, cover with cold water and let come to a boil, then drain off the water and add milk enough to cover it, cook a few minutes and add sufficient cream for the gravy. Mix a tablespoon of butter, the same of cornstarch, and stir in to thicken it; break 4 eggs into the mixture and when the whites are set, stir, breaking the yolks for 2 minutes and remove from stove, ready to serve. Baked potatoes are delicious served with this codfish.

CODFISH BALLS

1 pound of thick part of salt codfish. Soak over night in enough cold water to cover it. In

PRACTICAL RECIPES

the morning put it on the stove to simmer a half hour in cold water. In the meantime have boiling some peeled potatoes. Pick the codfish fine and mash the potatoes while hot. Have equal quantities of fish and potatoes and put in a piece of butter the size of an egg. Add pepper and make into hot flat balls—small, and fry in hot pork fat, which is made by cutting slices of pork in small cubes and frying crisp. As soon as the balls become fried brown remove and serve. Save the pork crisps and serve with the codfish balls.

CREAMED CODFISH

Take a pound of thick salt codfish, clean it thoroughly and soak it over night in cold water, then place it in a pan of buttermilk or sour milk, and let it remain for a couple of days. Take it dripping from the milk and put it on a wire gridiron over a clear fire, and broil well on both sides, no matter if the little bubbles of milk are scorched. Before putting on a deep hot platter scrape off the burned bubbles, pour over it a sauce made of a cup of cream, butter the size of an egg, and plenty of pepper. Let it come to a boil and pour over the broiled fish, after picking the flakes of the fish loose. To be eaten with baked potatoes fresh from the oven.

DISHES FOR LUNCHEON

VEAL LOAF

3 pounds of chopped raw veal, 4 eggs, 1 cup milk, a lump of butter, pepper, salt; 1 cup rolled crackers; mix well together by hand and put in pan, sprinkle crackers over the top and bake 1½ hours.

FAT BROILED SALT PORK

Cut the pork in thin slices and dip constantly in hot water while it is cooking. Sprinkle well with pepper. An excellent relish served with toast.

FRIZZLED BEEF

Take 1 pound of smoked beef and have it chipped very fine and small from the ham, from which the outside must be carefully removed, as the mould would spoil it. Have two tablespoons of butter nicely browned in an iron spider, then by degrees sprinkle in the beef, stirring it constantly until it is crisp and brown; then add by degrees 2 tablespoons of flour and stir until it is browned—a nice red brown—not scorched; then add boiling water enough to make a thick brown gravy. Add pepper. Good with batter or buckwheat cakes.

PRESSED CHICKEN

Boil 1 large chicken tender until meat falls off the bones, in boiling water, enough to cover it,

PRACTICAL RECIPES

with plenty of salt and pepper, and 2 teaspoons of chopped parsley. Chop the chicken fine and press in a mould firmly with the hands, then turn the hot liquor over it, cover with a plate or lid and set it away to cool. Good with salad or for luncheon cut in thin slices.

DRESSED RIPE OLIVES

Place a pint of ripe olives in a bowl with 1 clove of garlic, 3 tablespoons of olive oil and 1 teaspoon (heaping) of chopped parsley. Cover and use next day. Prick your olives with a fork before placing in the mixture.

WEST INDIA KEDGERIE

(Mrs. A. E.)

6 eggs beaten lightly; 3 tablespoons essence anchovy, 3 teaspoons of Worcestershire sauce; 1 saltspoon red pepper; 1 saltspoon black pepper; 1 tablespoon chopped onions, fine; 4 tablespoons cream, 4 tablespoons milk; piece of butter size of an egg. One piece of hot toast for each person. Melt the butter in porcelain saucepan. After lightly beating the eggs, add milk, cream and seasoning. Then stir lightly into melted butter, lightly browned; stir until thick and smooth, pour over the toast and serve hot. Good for luncheon.

DISHES FOR LUNCHEON

SCRAPPLE

(Delicious.)

Take a young pig's head, and put in a pot of boiling water, water enough to well cover it, add a tablespoon of salt. Cook until it is tender and the bones drop out. Then take it off, remove bones, let cool and chop fine. Sift into the water the head was boiled in sufficient corn meal to make a mush; season the chopped meat with pepper and powdered sage to taste. Put all back in the mush, stir until well mixed, and boil 1 hour or more until it looks like jelly, and spread in long tin pans when done, and allow to set. Cut in slices and fry like regular mush. It must be highly seasoned. Serve with pepper sauce.

HOME MADE SAUSAGES

Cut good sized pieces from loin of pork, retaining all the fat. Put in grinder, season with summer savory, sage; more savory than sage, salt and pepper. Form in small pats and fry in an iron frying pan. If you prefer you can put sausages on small wire platter, and put that in center of baking pan. Cut some apples in half and core them and lay in under pan, put in a little water. Bake in an even oven and the dripping from sausages will season the apples deliciously.

PRACTICAL RECIPES

BROILED LIVER

Take young calf's liver and cut in slices. When broiling have a saucepan in which is a cup of boiling water, butter the size of an egg, salt and pepper. Dip the slices into this sauce all the time it is broiling, and when done pour sauce over the liver and serve.

FRIED LIVER

Take slices of fat salt pork, fry in iron frying pan until they are crisp. Take out pork and put into the fat, slices of young calf's liver, over which has been sprinkled lightly some flour. Cook slowly, remove liver and pour into the pan boiling water, let bubble until a good thickness for gravy, pour over liver and serve.

ANCHOVY TOAST

(For Chafing Dish.)

Brown 2 tablespoons butter in chafing dish; add 2 tablespoons Cross & Blackwell's essence of anchovy sauce, a dash of cayenne, 6 tablespoons of sherry. Stir until thoroughly mixed, then turn off flame and stir in 2 eggs partially beaten, very slowly. Have ready slices of hot buttered toast; put tablespoon of mixture on each slice and serve at once.

Sauces

HORSE RADISH SAUCE

(Mrs. H. B. C.)

1 teacup of grated horse radish; 4 tablespoons of cream; 4 of vinegar; 1 teaspoon salt; $1\frac{1}{2}$ teaspoons of sugar. Mix all together and serve in gravy boat with ladle. If too stiff add cream.

TOMATO SAUCE

1 quart of vinegar (cider); 2 pounds of brown sugar; 4 quarts of ripe tomatoes, peel and cut up, season highly with cinnamon, cloves and allspices, salt and pepper. Some black and white mustard seeds, boil slowly 4 or 5 hours. Good with cold meats.

CHILE TOMATO SAUCE

12 tomatoes,
6 long green peppers,
2 large onions,
2 cups of vinegar,
2 tablespoons of brown sugar,
1 tablespoon of salt.
Boil 1 hour.

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BROWN BUTTER SAUCE

Brown 2 tablespoons of butter in saucepan; add 2 tablespoons of taragon vinegar; $\frac{1}{2}$ teaspoon of Worcestershire sauce, and 1 teaspoon chopped parsley.

DRAWN BUTTER

To one tablespoon butter add 2 of sifted flour, and stock of lamb or chicken to make enough sauce, as thick as cream. Cook in double boiler. For boiled mutton or boiled lamb, add capers; for boiled chicken add chopped parsley; for fish, add anchovy sauce and a hard boiled egg, chopped fine. The secret of good drawn butter is to cook it slowly for an hour or more.

CREAM SAUCE

A good sized piece of butter, one heaping tablespoon sifted flour. Melt butter and by degrees stir flour into it. In another saucepan put one pint of cream, let it come to a boil and by degrees add to butter and let it boil until it becomes quite thick.

HOLLANDAISE SAUCE

Put $4\frac{1}{2}$ ounces of fresh butter in a bowl, 3

SAUCES

yolks of fresh eggs, a little salt and 1 teaspoon of vinegar. Warm in a bain-marie until it thickens. Just before serving add juice of one lemon.

CARAMEL SAUCE

Put $\frac{1}{2}$ cup sugar in granite saucepan and stir until it melts and is light brown; add $\frac{1}{2}$ cup boiling water *very* slowly and simmer 10 minutes.

GARLIC SAUCE

2 cloves of garlic; 2 ounces of butter; 1 teaspoon of salt. Pound in a mortar until smooth; add 1 tablespoon of lemon juice and mix in $\frac{1}{2}$ pint of butter (melted).

FRENCH SAUCE FOR FISH

1 quart of vinegar, pepper to taste; 1 dozen yolks of eggs; 1 pound of butter. Boil vinegar and pepper down to about a cup, say 10 or 12 minutes. Then add the yolks of eggs, set off the fire and beat several minutes without letting it burn. Then add the butter, well melted before using and lastly add salt to taste; beat again well and strain into a bowl through a cloth. Set the bowl inside a pan of hot water and set on

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back of range to keep hot. If you wish, just as you are putting the sauce into the gravy tureen, you may add a tiny bit of chopped parsley. You can make half the quantity, if your family is small.

CUMBERLAND SAUCE FOR VENISON—OR ANY GAME

(Mrs. J. R.)

Cut some orange peel in tiny fine strips, and cook in water—enough to make sauce—until tender. Melt a gass of currant jelly and add to above mixture—also a pinch of ginger, of paprika, of mustard, a little madeira, some orange juice, and a drop or so of vinegar. Mix all slowly, and serve cold.

SPANISH DRESSING FOR TOMATOES

(Mrs. H.)

Take 3 small onions, small bunch of parsley, $\frac{1}{2}$ clove of garlic, mince very fine. Slice the tomatoes upon a flat glass dish and cover them with the minced onion and parsley; salt and pepper and pour over them a thin mayonnaise dressing.

SAUCES

TARTARE SAUCE

(*Mrs. H.*)

To 1 gill of mayonnaise sauce and mix in one tablespoon of capers, one small shalot or $\frac{1}{8}$ of a small onion, 1 ounce cucumber pickles, $\frac{1}{2}$ tablespoon of parsley, all chopped fine. This sauce will keep a long time.

SPANISH SAUCE FOR FISH, MEAT OR OMELETTES

(*Mrs. F.*)

Chop fine one large onion, fry to a light brown in butter. Add 3 green peppers, 6 tomatoes cut fine, salt and pepper to taste. Boil in open sauce pan 20 minutes.

TOMATO RELISH

One quart of ripe tomatoes, $\frac{1}{4}$ cup of vinegar, 4 peppers, 2 quarts vinegar, 4 onions, salt and boil 2 hours.

MINT JELLY

(*Mrs. H. B. C.*)

Wash and dry 2 bunches of mint and steep in one pint of boiling water. Soak $\frac{1}{2}$ box of Knox's

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gelatine in $\frac{1}{2}$ pint of cold water. In ten minutes add juice of 2 lemons and $\frac{1}{2}$ cup of white sugar and 2 tablespoons of vinegar. Pour over this the boiling mint and stir until thoroughly dissolved. Strain and pour into mould and set in ice chest to harden.

Entrees

BOILED CHICKEN WITH CLAM SAUCE

(Delicious)

Put the chicken in cold water with cooking vegetables (one or two onions stuffed with cloves, one carrot, a good sized bouquet celery, parsley, and a small piece of mace), bring to a boil and cook until tender.

SAUCE

A good sized piece of butter, one heaping tablespoon of flour. Melt butter and by degrees stir the flour in it. In another saucepan heat a pint of cream, or more, also add by degrees the butter and flour. Prepare beforehand some steamed clams, remove liquor from them, mince very fine with sufficient onions, fresh taragon and chervil (if you cannot get these chop parsley). Ten minutes before serving add your clams to the cream and pour all over the chicken and serve. (The cloves should just be pressed into the cooking

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onions in a rim around each one). If your sauce should not thicken enough, prepare some flour and cold water in a teacup to the consistency of cream and add sufficient to make the sauce as thick as very thick cream.

MUSHROOMS UNDER GLASS COVER

Take off the stumps of the mushrooms as also the skin, season with a little salt and pepper, then mix some fresh butter with some chopped chives, pepper and salt and fill the mushrooms with this mixture; then lay them on a shirred egg dish top downwards on a piece of toast, add sweet cream and cover with a glass cover, place on the hot range but not too near the fire, allow to simmer slowly for about 20 minutes. Add if necessary some more cream and send to table.

BROILED QUAIL AND OTHER BIRDS

Wash the birds very carefully, put them in salt and water for $\frac{1}{2}$ an hour. Take out and dry thoroughly. While they are broiling have a teacup of hot water, a good sized piece of butter,

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salt and pepper in a saucepan and dip the birds in this mixture four or five times, while broiling. As soon as done place on a hot platter and turn the contents of the saucepan which is the essence of them, over the birds.

GIBLET CURRY

Take 2 sets of chicken giblets, leave in salt and water an hour. Take out and boil in a cup and one-half of boiling water. Cook slowly until tender. Chop fine 2 good sized onions and brown in 2 tablespoons of butter with salt and pepper, a heaping tablespoon of sifted flour and 2 dessert spoons of Cross & Blackwell's curry powder (if required hotter, add more curry powder). Chop giblets and add with the water they were boiled in with the mixture and cook all for five minutes, and serve with dish of hot boiled rice. If too stiff add a little stock or water.

STEWED VEAL KIDNEY

Place 2 veal kidneys in strong salt and water for a half hour. Take them out and turn boiling water over them, allowing them to stand five minutes, then turn the water off, cut into dice and

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put fresh cold water over them, sufficient to make a nice gravy. Put into a frying pan 2 table-spoons of butter and add 2 medium sized onions, chopped fine to a red brown; add a heaping table-spoon of sifted flour. Put all back into the water the kidneys were cooked in and stew slowly for 15 minutes, and turn mixture over slices of bread fried in butter placed on a platter, with slices of lemon put around the edge. Always get veal kidneys.

CREAMED SWEETBREADS

1 pound of sweetbreads, thrown at once into strong salt and water, for half an hour. Then thoroughly cleanse, pipes and thin skin removed. Then pour boiling water over them for five minutes, take out and dry. When ready to cook put them in a casserole, with just water enough to cover them, add half a dozen tiny onions with salt and pepper, and cook about 15 minutes. Add a cup of cream and piece of butter the size of half an egg, rubbed with an even tablespoon of flour, cook a few minutes and serve with rice.

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CHICKEN SAUSAGE

(*Mr. J. B.: Delicious*)

Take filet of fat and tender hen, pound to a paste in a mortar, pass through fine strong sieve, and return to mortar. Add 1 tablespoon flour, whites of 6 eggs slightly beaten, mix well, season with pepper and salt, a little cayenne, dilute with cream enough to make thick paste. Have some sausage casing in water, fill skins with chicken paste and tie like sausages. If preferred small timbale tins can be used instead of casing. Put cold water in milk pan, place on back of stove, lay casing in or timbale tins, and let them heat to simmering point and cook about three-quarters of an hour. Serve with cream sauce.

SAUCE FOR CHICKEN SAUSAGE

(*Cream Sauce*)

A good sized piece of butter, 1 heaping tablespoonful of flour. Melt butter and by degrees stir flour in it. In another saucepan put in one pint of cream, let boil and add by degrees to butter.

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SWEETBREAD AND KIDNEY STEW

Put veal kidney in saucepan, cover with cold water and let come to a boil. Take from fire and cut into small pieces, keeping every particle of fat. Cut up a large onion very fine, brown two tablespoons of butter, put in kidney and onions; 1 tablespoon of Worcestershire Sauce. Cover with half soup stock and half water. Let boil very gently until done, pepper, salt to taste. In another saucepan boil the sweetbreads until done. Let them cool in water they were boiled in. Take out, remove all skin and cut in small pieces and add to kidney. Let boil a few minutes, add 2 tablespoons sherry wine. Serve on deep platter with thin slices of lemon laid on top and triangles of bread cut thin and fried a deep brown in butter.

STEWED TERRAPIN

2 terrapin, one-half pint of thick cream, 6 eggs, $\frac{1}{2}$ pound butter, 1 gill of sherry or Madeira wine, $\frac{1}{4}$ teaspoon salt and cayenne to taste. Put the terrapin alive in water (boiling), and boil 10 to

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15 minutes, or until you can pull off the outer skin and toenails. Put them back in fresh boiling water, add a heaping teaspoon of salt and boil slowly until the shell parts easily, and the flesh on the legs is quite tender. When done take out, remove the under shell and let stand until cool enough to handle, then take them out of upper shell, carefully remove the sand bags, bladders, the thick heavy part of the intestines, and the gall sacks which are found imbedded in one lobe of the liver, and throw them away. In removing the gall sack be careful not to break it, as it would spoil the whole terrapin. Break the terrapin in convenient sized pieces, cut the small intestines into tiny pieces and add to the meat, now add the liver broken up, also all eggs found in the terrapin. Now put it into a saucepan with the juice it has given out while being cut. Roll the butter and flour together and add to the terrapin and stand on a moderate fire until heated. Boil the 6 eggs for 15 minutes, take out yolks, mash to a smooth paste with 2 table-spoons of wine, then add the cream and seasoning. Let it boil up once, take from fire, add wine and serve. It must never be boiled after adding wine. Add more or less wine to taste.

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SQUABS STUFFED WITH CELERY

(*Mr. F. C.*)

Prepare squabs by washing thoroughly and lay in salt and water for half an hour. Dry and stuff with the following mixture: The tender part of celery chopped fine, large lump of butter, salt and pepper. Fill birds very full, and place in very small baking pan so they will touch each other. Put thin slice of fat salt pork on each breast and roast.

SQUABS LOS MEDANOS

(*Mr. H. M.*)

Take 6 fat squabs, wash thoroughly and lay in salted water for half an hour. Dry thoroughly and fill with the following mixture: 3 large ripe tomatoes, 6 boiled potatoes, some chopped green pepper, and 3 tablespoons chopped onions, salt and pepper. Cut them all up in chopping tray, fill birds and place them in small pan so they will touch each other. If there is any stuffing left over put it around the birds. Cover each breast with thin broad slice of salt pork and roast.

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BROILED KIDNEYS

'Always order veal kidneys. Pour over them boiling water and allow to stand for about 15 minutes. If kidney is good size, cut into 3 slices lengthwise, reserving all fat. If small cut in half. Broil and serve with salad or place on heart of artichoke and serve as entrée.

IRISH STEW

Take 3 pounds of nice lamb chops, not trimmed too closely, 8 or 9 good sized potatoes sliced, 4 large onions or 6 smaller ones sliced. Rub bottom of soup kettle with piece of salt pork on a fork to keep the stew from burning, and proceed to pack it. Begin with layers of chops with plenty of salt and pepper, then layer of onions, and then potatoes, each well seasoned, add 1 quart of any good soup stock and cover tightly and let stew for nearly an hour until the potatoes begin to thicken it. Look at it occasionally and add boiling water if more moisture is required. Stew slowly.

CALF'S HEAD

Select a young calf's head, have it split in the market, saving the brains carefully. 'As soon as

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it arrives put it (after washing it thoroughly) into strong salt and water for an hour. Place the brains also in salt and water by themselves in a bowl. Cook the head in hot water with a plenty of salt until it is done enough to slip the bones out, which will take about an hour and one-half. In the meantime make a good drawn butter of 2 tablespoons of butter, 2 of flour rubbed together, and thinned with the broth the head was boiled in. Have brains cooked in enough water (salted) to cover them. When done chop them slightly and add to the sauce 2 hard boiled eggs, also some chopped parsley. Any broth left over put in soup kettle.

CALVES FEET

Prepared and boiled like the head, cooked until very tender, served with same sauce without the brains, is an excellent dish; put slices of lemon around the platter.

REAL INDIA CURRY AND BOMBAY DUCK

Fry tender a carrot, 1 turnip, celery, 1 parsnip, 1 green onion or leek, and put through colander. Take 1 dry onion,
3 cloves of garlic,

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1 piece of green or preserved ginger,
1 teaspoonful of salt,
and cut above into pieces as small as possible,
and fry brown in a tablespoon of butter; then
add one dessertspoon of curry powder, and $\frac{1}{2}$ a
dessertspoon of curry paste; 1 dessertspoon of
flour. Then add gradually one pint of good soup
stock and a large potato grated. Boil until
thick and add the vegetables. Boil half a cup of
cocoanut in one cup of milk, strain and add to
the curry just before serving.

BOMBAY DUCK

Toast in oven 5 minutes or until it curls, then
set before the fire to get crisp enough to powder
in the hand. Stew your chicken after cutting in
joints and pour the above curry over the chicken
and serve.

TURKEY TERRAPIN

One cup of cold roast turkey chopped moder-
ately fine. Make one cup of rich cream sauce with
one cup of hot cream, $\frac{1}{2}$ cup of butter and 2 table-
spoons of flour. Then put in the turkey, salt and
pepper to taste. Let it heat over hot water for
15 minutes. Just before serving add the yolks

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of two eggs, well beaten and one glass of sherry wine.

LOBSTER à la NEWBURG

Heat a tablespoon of fresh butter, stir into one of flour. Stir these until they bubble. Into this sauce (which should be white), stir the lobster (which should have been boiled), say about 2 cupfuls. Season it well and stir until it is heated through. Add the juice of half a lemon just before serving.

VEAL LOAF

4 pounds of veal, chopped very fine. Remove all the skin and fat from it,

2 slices of salt pork chopped fine,

6 milk crackers rolled fine,

2 eggs well beaten,

$\frac{1}{2}$ cup of milk,

1 teaspoon of pepper,

2 teaspoons black pepper,

$\frac{1}{4}$ teaspoon ground cloves,

Butter the size of an egg.

Mix thoroughly and press into the shape of a loaf and strew bread crumbs over it. Bake in a slow oven for 4 hours. Put a cup of water in the baking pan and baste well while cooking.

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CREAMED SWEETBREADS

Take one large tablespoon of flour and one of butter, rub to a cream; add a little pepper, salt and celery salt. Pour on one cup of milk and boil five minutes. Cut parboiled sweetbreads in squares the size of dice, stir them into the cream *thoroughly*, and put into shells and sprinkle with bread crumbs, having a piece of butter in the center of each. Bake ten minutes and serve hot.

SWEETBREADS à la CREME

Put sweetbreads in cold water, remove veins, then squeeze over them a little lemon juice. Put them into boiling water, cook 20 minutes. Take them out and throw into cold water to harden. Put into a double boiler some cream, salt and pepper. Cook the sweetbreads until soft. Have a few tomatoes cooking. Also melt the butter in the double boiler, otherwise it will taste smoky; add $\frac{1}{2}$ a teaspoon of flour, then a little cream. Strain some of the tomatoes into this mixture, so as to make it a delicate pink. Now take out the sweetbreads and thicken the sauce with the tomato cream. Place the sweetbreads on platter and pour the sauce over them. Ornament handsomely with pastry, cut diamond shape.

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TONGUE à la ROYAL

Boil a fresh tongue under done, then trim nicely and lard with strips of the fat of salt pork. In a big saucepan have ready some butter, very hot. Lay the tongue in this with a small piece of onion, a piece of carrot, a small piece of the rind of a lemon, and a pint of good soup stock. Before adding the soup stock, brown the tongue a little. Cover all up very tight so as to exclude any air and cook about an hour on the back of the range. Only take it out when ready to serve and add 2 tablespoons of good sherry to the gravy, strain and pour over the tongue. If you desire, you may put in a bay leaf. This dish is fine as an entrée.

BEEF BALLS

2 pounds of raw beef, chopped very fine, from round is best,

$\frac{1}{4}$ pound of beef suet,

Mix with a handful of flour; season to taste with salt, black pepper and cloves.

Mould into round balls and fry until nicely browned.

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CHICKEN POT PIE

(New England Style)

Cook the chicken with strips of salt pork until both are tender; rub butter and flour together and stir in the water in which the chicken was boiled, use enough to make a rich gravy. Make a crust as you would for tea biscuit. Roll out the crust about one inch in thickness and spread it over the pot, cutting it in various places. Let boil for 25 minutes and serve as nicely as possible. You will have a delicious dish.

HOT POT

2 pounds of potatoes,
1 pound of tomatoes,
1 large onion, slices of any cold meat,
1 cup of stock or water.

Peel and cook the potatoes in thin slices, cut up the onions, skin and divide the tomatoes, fill deep dish with alternate layers of meat and vegetables, finishing with a layer of potatoes, add stock and bake in a moderate oven for one hour. Turn out and serve.

PR'ACTICAL RECIPES

FRIED CHICKEN

Take small spring chickens. Large ones will not prove satisfactory. Separate the joints, dip each piece in egg, then in corn meal. Meanwhile have your pan ready with hot lard. The proper way to *fry* chicken is to boil it in *hot lard*. Let the pieces of chicken remain in the lard until thoroughly cooked and nicely browned. To make the gravy, pour off the lard, put into the pan one large tablespoon of butter, rub into it a deserts-*poon* of flour, set this on the fire and stir it while melting and until the butter has a rich golden brown. Season with salt and pepper, pour in $\frac{1}{2}$ a tumbler of boiling water. As soon as it boils up once or twice, pour it over the chicken. Serve a dish of rice with this.

BEEF WITH OKRA AND TOMATOES

Take a piece of beef, or round, or top sirloin weighing 4 pounds. Trim into a neat shape. Put an ounce of beef suet and cut in bits in the bottom of the saucepan, and when very hot, lay in the meat, browning it on all sides. Then half cover with boiling water, cover saucepan and let simmer very slowly, allowing $\frac{1}{2}$ of an hour

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for every pound of the meat. Three quarters of an hour before dinner, lay in a dozen whole tomatoes peeled and 2 dozen sliced okras, season with salt and pepper and dredge the meat with flour once or twice to give a pleasant thickening to the gravy. This meat is delicious, either hot or cold.

HAM

Wash and soak a Smithfield ham for 48 hours in cold water, changing water night and morning.

After soaking, scrape from ham as much of the smoked outside as possible.

Put ham to cook in cold water, and let it come to a good boil, then change to boiling water, half cider, a few cloves and let boil slowly for several hours; this depends upon size of ham (for 10 lbs., usually three hours).

When cooked enough, take pot or ham boiler from stove and let ham remain in that mixture until it is cold.

Never put a fork in the ham.

Lift it from the water with a large spoon or anything handy.

Take skin from the ham and a great deal of the fat, leaving only about one half inch.

Put in baking pan, bake one hour and baste

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with some of the cider and baste frequently while it is roasting. About 20 minutes after it is done, take the ham out, make a few deep incisions in the fat and pour over the ham the whole of a glass of melted currant jelly.

Rub into the ham, brown sugar and ground cloves (equal parts) as much as it will take, then put the whole cloves here and there in the fat.

RAGOUT OF EGG PLANT AND TOMATOES

(Mr. J. B.)

Peel 4 medium sized egg plants, cut into dice and fry in batter until thoroughly soft. In another pan put in some tomatoes also peeled and cut into dice. Cook in butter about 10 minutes. Now add tomatoes to egg plant. If the tomatoes give out too much juice, pour some off, as it will make the mixture too thin. Season with salt and pepper and cook 15 minutes.

ENTRÉES

ITALIAN SPAGHETTI

(*Mrs. H. B. C.*)

Break spaghetti into small pieces and put into boiling water and let boil until tender. In a separate pan fry together in a cup of butter, 2 or 3 cloves of garlic, 6 small onions, 2 teaspoons conserve or stewed tomatoes, chopping all very fine before putting in the pan, and fry very brown. If dried Italian mushrooms are available, allow them to soak in boiling water for one hour, also chop very fine and add to frying pan both the mushrooms and water from them. When they are thoroughly brown pour into the pot of spaghetti which you have drained of water, stirring all well together, adding a cup full of grated Rotterdam cheese at the very last moment. Little cut up sausages mixed with the spaghetti improve it.

MARROW BONES

Cut marrow bones about a finger long. Cover ends with dough and put on to boil.

When done take dough off and drop marrow from bones into a hot soup plate, tip the plate

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so the fat will separate from the marrow, and pour off fat. Now season marrow with salt and cayenne. Have buttered toast upon which you spread a little English mustard, put marrow upon it and serve.

ROAST SQUAB

(Mrs. C. P.)

Take squabs—prepare for roasting; make deep cut under wings and legs and insert two or three leaves of estragon. Stuff with estragon, roast, basting frequently.

RICE - CHICKEN — FREDERICI STYLE

(Mrs. S.)

Cut up a raw chicken as for fricassee. Heat a quarter of a cup of olive oil, add the chicken, a clove of garlic, pepper and salt, and brown on moderate fire. Add 4 tablespoons of bouillon, 2 sliced tomatoes, one cup of rice, and cover with water. Cook very slowly and add water if necessary.

Chicken Recipes

PUFF PASTE

1 pound of sifted flour; $\frac{3}{4}$ pound of butter; salt spoon salt, and iced water. Divide the butter in 3 equal parts, rub one part thoroughly in the flour with salt, mix with the cold water a rather stiff dough, and roll out thin on a board; with a knife put little bits of butter over it and sprinkle flour that you have taken from the original pound, before the butter was added. Roll it up and put in the ice chest for 20 minutes. Then repeat the process, rolling it again and let it remain on ice for 20 minutes more. Cut off enough for a pie and roll out lightly, handling it as little as possible.

ORDINARY PIE CRUST

2 teacups of flour; $\frac{1}{2}$ cup butter, pinch of salt. Rub in the butter and mix a soft dough. Good for chicken pie.

CHICKEN PIE

2 chickens (young), 3 or 4 slices of fat salt pork and stew in water enough to more than cover them. When nearly done take out the chickens, and thicken the gravy with one tablespoon each of butter and flour, add salt and pepper to taste and 5 whole cloves. Line a deep dish with ordinary crust, none on the bottom, put chicken and gravy in, cover with balance of crust and bake until brown. Chicken must be jointed. Slash top crust with sharp knife five or six times.

WHITE CHICKEN FRICASSÉE

Is prepared and cooked precisely like the chicken pie, served with a plenty of gravy. Cook the chicken in only enough water to make the gravy.

BROWN FRICASSÉED CHICKEN

After the chicken is nicely cleaned, cut it up and put it in salt and water for 30 or 40 minutes, take out and put it on in a porcelain kettle, nearly cover with boiling water and stew slowly until nearly done. Have ready in a frying pan some

CHICKEN RECIPES

slices of salt pork (very fat) fried crisp, then lay in your pieces of chicken, and fry a delicate brown. Have some slices of thin toast on a deep platter, place the chicken on it, thicken the gravy with flour, and add the broth the chicken was boiled in and turn over the chicken and toast.

MEAT PIE

Line a dish with pastry made as follows: 1 quart flour, 1 teaspoon salt, 2 teaspoons of baking powder, 2 heaping teaspoons of lard, 1 cup milk, roll thin. For filling $1\frac{1}{2}$ pounds steak and 3 large potatoes chopped fine. Place a layer of meat and one of potatoes, sprinkling each with salt until dish is filled. 1 tablespoon butter, 2 cups hot water. Cover top with thin layer of dough, bake in a slow oven $1\frac{1}{4}$ hours. Slash top crust with sharp knife 5 or 6 times.

COTTAGE CHEESE MADE OF CHICKEN

Boil one good chicken with a small piece of fat salt pork until the bones can be removed. Chop

PRACTICAL RECIPES

the meat fine and add enough of the broth to make the mixture moist. Season highly with salt and pepper. Put into a mould to be eaten cold.

STUFFING FOR TURKEY OR CHICKEN OR VEAL

Take some slices of fat salt pork and chop fine in chopping bowl. Take the crumbs of yesterday's bread and rub it fine between the hands; season with a plenty of salt and pepper; soften a piece of butter the size of an egg and add a generous supply of chopped parsley, chopped very fine, and lightly mix with two forks. The basting of the fowl or veal moistens the stuffing sufficiently without any water added to it and served with the gravy is much better liked than soggy stuffing. To have a roast chicken nice, lay it in strong salt water for an hour after it is washed very carefully. Then dry it on a clean towel, and stuff it with the above dressing, sew it up and rub butter all over it. Skewer the wings and legs, lay it on a little wire frame, which every kitchen needs, in the dripping pan and baste it frequently while roasting. Have the giblets, which also have been in salt and water, put in a small stew pan with

CHICKEN RECIPES

water enough to make the gravy. When done put them in a chopping tray and chop fine; thicken the gravy with a little butter and flour, season with salt and pepper, and when the chicken is taken from the oven remove the grating and pour the giblets into the pan, stirring until the gravy is brown. This is for turkey also.

A FINE PUFF PASTE

2 teacups of flour; 1 teacup of butter; 1 beaten egg; $\frac{1}{2}$ cup of sweet milk; 2 level teaspoons baking powder. Divide into two pieces, spread butter between same; put together and roll out lightly. This is excellent for anyone wanting a fine pastry for open top pies or short cakes.

CHICKEN GUMBO

(*Mrs. B.*)

Fry the chicken in a little lard, when nicely browned take it out and put into the lard 2 onions chopped fine, brown them, and add 1 quart of boiling water, 1 pint of chopped tomatoes and

PRACTICAL RECIPES

nearly 1 pint of sliced okra. Boil for an hour, then put in the chicken and boil together until the chicken is tender. Season with plenty of salt and pepper. Serve in a deep dish. If too thick add boiling water.

Vegetables

TOMATOES

(Good for luncheon)

Cut fine large tomatoes in two and stew in rich cream for half an hour, with plenty of salt and pepper.

CORN IN CASSEROLE

1 tomato and 1 medium-sized onion sliced and stewed in butter the size of an egg, until well cooked. Take 4 or 5 good-sized ears of corn, cut through the center of grains and scrape out. Add this with 1 green pepper chopped fine to the tomato with plenty of salt and pepper and a dash of cayenne. Cook in casserole a little while and add the last thing a cup of cream. Make hot and dish up.

GREEN CORN FRITTERS

Grate 4 ears of corn, season with salt and pepper, a very little milk and just flour enough to hold them together, with one egg. Fry one tablespoon at a time in butter like you do oysters.

PRACTICAL RECIPES

BAKED CORN

1 quart of tender corn cut from the cob, 1 pint of sweet milk, 1 tablespoon of butter, 2 eggs, salt to taste; beat all well together; put in a baking dish and bake slowly until done.

FRIED TOMATOES

Use green or ripe tomatoes; slice rather thick, roll in flour, season with salt, pepper and sugar; fry in butter to a rich brown on both sides.

FRIED APPLES

Peel apples, core and slice; brown tablespoon of butter, then put in sliced apples and brown, turn and sprinkle brown sugar over, and turn back and brown on the other side. Delicious served with sausages or fresh pork.

BAKED TOMATOES

Wipe six medium-sized tomatoes, cut off a slice of the stem end of each, take out the pulp and seeds, and add enough cracker crumbs to equal

VEGETABLES

the pulp and season with butter, pepper and plenty of salt, and a small onion chopped fine or a few drops of onion juice, and refill the tomato with the mixture, place in a buttered pan, cover with crumbs and butter, and bake 20 minutes.

HOMINY

Wash and put to soak over night, one cup coarse hominy. In the morning put on to boil in plenty of water, and keep covered until perfectly tender, then salt and allow it to boil with cover slightly off toward the last, that the water may evaporate. Hominy requires long, slow and steady cooking. Before serving stir in 1 heaping tablespoon of butter.

FINE HOMINY

Wash and put to soak over night, drain in the morning and put in a double boiler; put in $2\frac{1}{2}$ cups of milk, cover closely and boil an hour or more; salt and add more milk, if necessary; let simmer until done; stir in a large tablespoon of butter. This makes a nice breakfast dish with cream and sugar.

PRACTICAL RECIPES

FRIED HOMINY

Cut cold boiled hominy in nice slices and fry as you would mush and doughnuts. Eat with syrup if desired.

HOMINY CROQUETTES

1 cup of fine boiled hominy, 1 tablespoon butter, $\frac{1}{2}$ cup of rich milk; work these together into a soft paste; heat a little but do not boil, add 2 yolks of eggs well beaten; stir while they thicken, and when cold and stiff flour your hands and form into oval balls; dip into the beaten whites of 2 eggs, to which you have added a tablespoon of water and 1 saltspoon of salt, then roll in fine cracker crumbs and fry in boiling lard.

STEWED TOMATOES

Put a quart of fresh tomatoes (or canned) in a porcelain saucepan with a piece of butter the size of an egg, plenty salt and pepper, stew 15 minutes and no longer.

MACARONI 'AND CHEESE

Put on macaroni in boiling water and add salt; boil 20 minutes; pour off water and add the fol-

VEGETABLES

lowing dressing: Melt a lump of butter the size of an egg, stir in an even tablespoon of flour, add 1 cup of soup stock and a little salt and boil; add half a cup of grated cheese (allow this to melt before adding); then add the yolk of one egg; remove from the fire, stir in the macaroni and put where it will heat but not boil.

SPINACH

Pick over and throw into cold water the spinach leaves for an hour. When ready to cook them, lift out into a saucepan, with the water *only* that clings to the leaves, shake salt over them and cover tightly and cook half an hour. Put in a colander and chop with a knife, add butter and pepper and garnish with chopped hard boiled eggs.

ARTICHOKES

Cook artichokes as usual, remove hearts and all the tender centers. Cut up in fine pieces and put in pan, sauté with a little butter and paprika. Serve with any roast.

SUCCOTASH

Take 1 quart of fresh cranberry or lima beans, $\frac{1}{2}$ pound of salt fat pork, cut in thin slices and

PRACTICAL RECIPES

cook slowly for 2 hours in 3 pints of water. Have ready 1 quart of fresh green corn, cut and scraped from the cob, and thirty minutes before dinner, add to the beans with a plenty of salt and pepper, and butter half the size of an egg mingled with flour.

BAKED ONIONS

Boil large onions one hour in slightly salted water; change the water once during the time; at the end of the hour take the onions up carefully and place in a dripping pan; set this in the oven and bake one hour, basting several times with melted butter; when they are done transfer them to a dish and thicken the gravy left in the pan with a large tablespoon of browned flour; moistened in 2 tablespoonsful of milk; add salt and pepper to taste, and pour sauce over onions.

POTATO STRAWS

Peel and cut into strips one-eighth of an inch in depth and width. Have ready a bowlful of cold salted water to which has been added the juice of a small lemon. Put the strips in this water and leave for fifteen minutes in a cool place.

VEGETABLES

Dry thoroughly and fry in boiling fat. Send to the table in a hot dish.

BAKED MUSHROOMS

Take freshly gathered mushrooms, peel and wash thoroughly and throw into cold water for 15 or 20 minutes. Put a few on the bottom of a baking dish (that they can be served in), sprinkle with salt, pepper and bits of butter until they are all in the pan. No water is used except what is lifted with the mushrooms, cover closely and bake a half hour.

SCALLOPED TOMATOES

Remove the skin (by scalding) of 5 or 6 medium sized tomatoes, cut in thin slices, sprinkle with salt, let stand 20 minutes, that some of the juice may be drawn off draining, season with pepper and onion juice or small onion chopped fine. Cover the bottom of fireproof baking dish (that the tomatoes can be served in) generously with butter, then add $\frac{3}{4}$ cup browned cracker crumbs, cover with tomatoes; cover the top with three-quarters of a cup of buttered crumbs. Bake in hot oven

PRÁCTICAL RECIPES

until crumbs are brown. For buttered cracker crumbs allow one-quarter cup of slightly melted butter to each cup of crumbs and mix lightly to keep the crumbs separate.

BROILED POTATOES

Cut cold boiled potatoes lengthwise in slices, broil them. Put on a hot platter with plenty of butter, salt and pepper.

ASPARAGUS

Put the asparagus into bowl of cold water as soon as it comes from market. Cut off the stalks until you come to tender part, then tie them loosely into little bunches of 10 to 12 stalks, and stand them up in a porcelain kettle of *very salt* boiling water. Cook about ten (10) minutes. Serve with melted butter.

GREEN CORN ON COB

Throw into boiling water, no salt, and boil from ten to fifteen minutes. Most vegetables are ruined by being cooked too long.

VEGETABLES

PEAS IN CASSEROLE

(Mrs. I.)

Take fresh head lettuce from water, shake lightly, separate and place leaves, cup up, in casserole, put in fresh tender peas and a handful of small onions; a good lump butter, salt and pepper. Let cook in oven forty minutes; there will be enough moisture from lettuce and onions and butter to prevent burning.

CAULIFLOWER

Lay a medium-sized cauliflower in cold water as soon as it comes from market; cut the stalk off close to the flower, leaving one row of the green leaves attached. Have ready a kettle of boiling water *very salt*. Put the cauliflower in upside down and boil only fifteen minutes. Serve with melted butter.

STRING BEANS

Wash beans well and leave in cold water about five minutes. Allow one quart of water to one pound of beans. Add one teaspoon of salt and a little sugar. When water is boiling put in beans

PRACTICAL RECIPES

and boil for half an hour. Strain through colander. Have a heated saucepan, into which put the beans and pour over them butter the size of an egg melted with pepper and chopped parsley. Shake all thoroughly together, but do not stir. Serve very hot.

SPANISH TOMATO RICE

Put a little more than 1 tablespoon of butter in a stew pan, when very hot, cut in 2 small onions, let them fry but not brown; then add 2 cups of rice and let cook through, then add 4 large tomatoes, first skinned, well mashed; 2 green chili peppers, more if you wish, add 3 or 4 cups of boiling stock or chicken broth, stir up, cover tight and let it all cook for half an hour.

FRIED TOMATOES

Take as many tomatoes as you require, scald them and peel and set aside to cool. Have in a frying pan plenty of butter, let it get very hot, then lay the tomatoes in WHOLE and set your pan on the back of the range. In about an hour, sprinkle over them chili peppers to taste, cut very fine, a little parsley, salt and black pepper. Now watch it closely, so that it will not burn and

VEGETABLES

let cook slowly altogether from $2\frac{1}{2}$ to 3 hours. Cooking this carefully and long draws all the acidity from the tomato. The tomatoes must not be broken, as they are to be served whole on a platter. If they require more butter in the cooking, add more, as they should look rich. After putting on the platter, pour over them whatever butter, etc., is left in the pan, and serve.

BEANS, SPANISH STYLE

Put to soak over night a quart of pink beans. The next day pick over and wash them.

Put in stew kettle with a medium sized onion sliced, and a piece of salt pork—about a quarter of a pound. Add hot water and cook slowly two hours. Then add a heaping tablespoon of chili powder, after mixing with a little cold water. Boil one hour longer. Add salt if needed. This can be reheated while it lasts; it is better each time.

KENTUCKY POTATOES

Pare and slice 4 good sized potatoes. Put a layer of these slices in the bottom of a baking dish, sprinkle with salt and pepper, then another layer of potatoes and so continue until all the

PRACTICAL RECIPES

potatoes are used. Fill the baking dish with milk, that is the potatoes should be covered with the milk, no more. Put over the top a few bits of butter, sprinkle the whole lightly with bread crumbs, and bake in a moderate oven $\frac{3}{4}$ of an hour.

BROILED TOMATOES

Cut firm tomatoes into inch slices, dip in melted butter, then into a dish containing flour that has been sifted, salt and pepper, then lay between the bars of a double gridiron and broil over a slow fire. When done lay on a hot dish and drop a bit of butter on each slice.

LYONNAISE POTATOES

Have ready some cold boiled potatoes, cut in not too thin slices. Put 2 spoonsful of butter in a spider and when hot slice in one small onion very thin. Cook two minutes and then put in the potatoes and watch carefully, that they do not burn or brown. Add some minced parsley. In 5 minutes they are ready to serve.

CORN AND TOMATOES

Take equal quantities of green corn, cut from the cob, and tomatoes sliced and peeled. Stew

VEGETABLES

together half an hour, season with pepper, salt and a very little sugar. Stew 15 minutes longer and stir in a lump of butter. Five minutes later take out and serve.

SWEET POTATO PUFF

Boil and mash sweet potatoes. To 4 cupfuls of this add 3 eggs, beaten light, 1 cupful of milk, 2 tablespoons of butter and a little salt. Beat all together vigorously, turn into a pudding dish and bake.

MACARONI à la HAZELWOOD HILLS

Cook half of a small box of macaroni in boiling water 25 minutes, cover deep with water. Drain through colander and rinse in cold water. Place part lard, part butter pretty deep in frying pan. When boiling, slice in one large onion, green peppers to taste, about 3 medium sized ones, little cayenne, and 1 cup of ripe tomatoes. Put in baking dish, some butter, then layer of macaroni, grated white and Eastern cheese, tomatoes, onions and repeat. Place butter between layers and cheese on top, then bake.

VEGETABLES

FRIED ARTICHOKEs

(*Mrs. H. B. C.*)

Boil artichokes; when cold take the hearts carefully out, taking out the choke. Fry in olive oil with a little garlic. Serve, garnished with sliced lemons and thin slices of fried bacon.

INDIAN DISH

(*Mrs. C.*)

Place a layer of tomatoes sliced, onions sliced, and thick slices of bread and butter in successive rows, putting slices of tomatoes on bottom and bread and butter last on top in baking dish.

Allow this mixture to come 4 or 5 inches higher than the baking dish, as it falls.

Let bake in slow oven for six hours. Season with salt, pepper and lumps of butter. Serve hot.

BAKED TOMATOES

(*Mrs. D.*)

Skin small tomatoes, hollow them and stuff with moistened bread crumbs well seasoned, and place sliced onions in strips on top of each one. Cover well with brown sugar and pieces of butter on top and baste several times while cooking. Cook quite brown from one-half to three-quarters of an hour.

Salads

HOT SALAD

Take hearts of heads of lettuce, dry them and dress them with vinegar and pepper. Take 4 ounces of salt pork and cut very small and fry crisp with a little butter, and turn over the lettuce just before serving hot.

BRAIN SALAD

Calves brains stewed and made cold in ice-chest, sliced and added to fresh crisp lettuce with mayonnaise dressing is delicious.

TOMATO JELLY

(Served with lettuce, with mayonnaise dressing)

Soak one and one-half boxes of gelatine in enough cold water to cover it. Put one quart of tomatoes on to stew with head of celery chopped very fine, a little chopped parsley, teaspoon of salt, a saltspoon of pepper, boil 20 minutes. Pour all over the gelatine while boiling hot, strain into

PRACTICAL RECIPES

a shallow pan and allow to congeal. Cut in squares and serve with lettuce and mayonnaise dressing.

FRUIT SALAD

Every kind of fruit such as bananas, apples, pears, peaches, plums, grapes, etc. Cut in slices, and add clarified sugar, Kirschwasser, and Maraschino di Fara and keep very cold until served.

POTATO SALAD

An ice-cold soup plate, a very cold raw egg, and a very cold hard-boiled egg. 1 pint of oil also chilled, but not frozen. English mustard, chopped chives, chopped onions, potatoes cut in slices, salt, pepper and cayenne.

To make the heavy mayonnaise put $\frac{1}{2}$ teaspoon mixed mustard in soup plate, add the raw yolk and the hard-boiled yolk. Crush these with fork until they are perfectly smooth, add oil by degrees until it becomes quite thick, after that you can pour oil in, as it will not break. When sufficient has been made, take some salt, quite a good deal in salad spoon and dissolve thoroughly with vinegar, add to mayonnaise, also cayenne. It wants to be pungent with vinegar, as the potatoes re-

SALADS

quire a great deal of seasoning. Now add 2 tablespoons of chopped chives, 4 tablespoons chopped onions, and 2 teaspoons of chopped parsley. Mix thoroughly and pour over potatoes, mix lightly so as not to break slices and serve.

LIVER SALAD

Crush 4 or 5 well boiled chicken livers, add a little English mustard, and enough French dressing to make it the consistency of cream. Pour this over crisp lettuce leaves and serve.

Apple Desserts

HOT APPLE CUP

Use puff-paste, rolling very thin. Have oval-bottomed tin cups, turn cups upside down, lay paste over them, covering them all, cutting around edge of cup. Lay upside down in baking pan and bake to light brown in moderate oven.

APPLE SAUCE FOR APPLE CUPS

Six apples, brown sugar, good lump of butter, rind and juice of half a fresh lemon. Cook 30 minutes. Keep hot until you wish to serve, adding a little grated nutmeg the last thing. Fill pastry cups with this mixture and on the top add teaspoon of whipped cream.

GOOD APPLE PUDDING

2 cups of chopped apples,
2 cups of chopped raisins,
1 cup of sour milk,
1 cup of molasses,

PRACTICAL RECIPES

1 cup of suet or butter,

1 teaspoon of soda in the milk, 1 teaspoon of cloves, cinnamon and nutmeg each. $\frac{1}{2}$ teaspoon of salt. Flour enough to make a stiff batter. Tie loosely in cloth and boil $2\frac{1}{2}$ hours. Eaten with hard sauce.

BAKED APPLES

Pare and quarter enough apples to fill an earthen baking dish, almost cover with water, slice two lemons thin and distribute among the apples. Add 2 tablespoons melted butter, 2 cups sugar, sprinkle lightly with flour, season with cinnamon, cloves and nutmeg. Bake in a moderate oven and serve with or without whipped cream.

ICED APPLES

Pare and core 1 dozen large apples, fill with sugar, butter and nutmeg; bake until nearly done, cool and remove to another plate, if it can be done without breaking; if not drain off the juice, and ice apples with cake icing; brown lightly in oven.

BAKED PEACHES

Wash good firm peaches, place in a deep pan or baking dish, without cutting or paring, sprinkle with flour, put on bits of butter and a generous sprinkling of sugar. Bake until tender.

APPLE DESSERTS

CODDLED APPLES

(*Mrs. S. M. W.*)

3 lbs. of apples, pare and core them. Cover the parings and cores with water and boil them down until all the juice is extracted; strain and add $\frac{1}{2}$ lb. of sugar and let it boil. Put into this mixture the apples, a few at a time, and boil until you can run a straw through them. After the syrup is boiled to a jelly add the juice of a lemon to it and pour over the apples. Allow to cool and eat with cream.

Puddings and Desserts

KIRSCH JELLY

Put one-half a paper of gelatine in half a pint of cold water; 1 pound of loaf sugar; juice of 3 lemons. After the gelatine is dissolved boil all together for 2 minutes and add Kirsch to taste, as soon as sugar has become nearly cold.

SOUFFLÉ IN PAPER CASES

Make a boiled custard with a large coffee cup of milk and cream mixed, yolks of 2 eggs, 4 tablespoons of sugar, 1 teaspoon of cornstarch, blended with a teaspoon of butter, a little salt and flavor with vanilla. When it has commenced to thicken a little, take it off the fire and let it partly cool, then beat yolks and 4 whites to a stiff froth. Butter the little paper cases, which can be procured at the confectioner's, fill them with this preparation and bake 10 or 15 minutes in a moderate oven.

PRACTICAL RECIPES

WINE JELLY

1 paper gelatine, a few pieces of stick cinnamon, a few cloves and allspice to color it; 3 pints of water; 3 lemons; 1 pound of sugar; 1 pint sherry. Boil steadily for a few moments, strain and add the wine as soon as fire heat has passed and pour into mould.

RICE PUDDING

$\frac{1}{2}$ cup of rice, boiled soft in milk, flavor with nutmeg; $\frac{1}{4}$ ounce of gelatine dissolved in a little cold water, a little salt, $\frac{1}{2}$ pint of cream whipped stiff, whites of 2 eggs, beaten stiff, set on ice to congeal. Serve with fresh raspberries. Can be flavored with cognac.

FIG PUDDING

1 $\frac{3}{4}$ pounds dried figs,
1 $\frac{1}{2}$ cups grated bread, well dried,
1 egg well beaten,
 $\frac{1}{2}$ cup of butter melted,
 $\frac{1}{2}$ cup of sherry or madeira.

Soak the figs over night in water enough to cover them. When ready to use drain and chop fine, press through colander; add them with ingredients and mix thoroughly and steam without ceasing three hours. Serve with hard sauce.

PUDDINGS AND DESSERTS

HARD SAUCE

1 tablespoon butter, 2 tablespoons powdered sugar. Rub together thoroughly and then add nutmeg to taste and add glass finest cognac.

BISCUIT GLACÉ

4 fresh yolks beaten thoroughly with 1 cup sugar, flavor with two teaspoons of vanilla, whip in 2 quarts of dry whipped cream, turn into a mould, cover, and pack in ice and salt, for three or four hours. Delicious served with fresh raspberries or strawberries.

GRANDMA'S MINCE MEAT

Get 3 pounds of tender round of beef and boil until tender (in hot water slowly), about 2 hours. Take out of the liquor and save for soup. Let cool. In the meantime prepare the other ingredients: 3 pounds of seeded raisins; 3 lbs. dried currants and 6 lbs. apples, chopped fine; 3 pounds of brown sugar (light brown); 2 tablespoons each of cinnamon, nutmeg and allspice; 1 tablespoon salt; juice and chopped peel of six oranges; same of lemons; 2 quarts of good whiskey; $\frac{1}{2}$ pound of beef suet, chopped fine. Put in stone jar and

PRACTICAL RECIPES

cover. When ready to use, take out enough for the number of pies you wish to make and taste the mixture (to which you have added the beef which has been chopped very fine and mixed with the suet); and add more salt or spices, if required. Then add sweet cider to make it moist and bits of butter on the meat before the top crust is put on. 3 pounds of raw beef make 1 pound after it is cooked and chopped. Do not put cider on until you are ready to bake the pies, or it will ferment, and the rest of the mixture without the cider will keep for months.

ROYAL PLUM PUDDING

(Superfine, Miss E. S. G.)

- 2 pounds suet,
- 2 pounds raisins,
- 2 pounds currants,
- 1 pound sugar,
- $\frac{1}{2}$ pound candied orange peel,
- $\frac{1}{2}$ pound almonds, blanched and chopped,
- 2 large apples chopped fine, grated rind of 2 lemons, 1 nutmeg,
- 1 teaspoon each of cloves, cinnamon, and all-spice 3 tablespoons,
- 1 teaspoon salt,

PUDDINGS AND DESSERTS

4 wine glasses of good brandy.

When the whole is well mixed put away in stone-ware crocks. Keep well covered like mince meat. This is sufficient for two puddings. When preparing to boil put one-half of above mixture in large earthen bowl, add one breakfast cup of bread crumbs, 2-3 cup of flour, 1 tablespoon of cream, 8 eggs well beaten, then put into a well buttered mould, the cover of which must be securely tied down, and boil five hours in boiling water. Serve with hot brandy sauce. Perfectly delicious.

BRANDY SAUCE

$\frac{1}{2}$ cup butter, 1 cup sifted powdered sugar. Mix until very light, add a little nutmeg and a wine glass finest cognac.

LEMON PUDDING OR THREE PIES

Take 2 large lemons, grate the rind of one, squeeze the juice of both. Mix with half a pound of sugar and yolks of six eggs well beaten; a piece of butter the size of half a small egg, melted and cooled to one cup of milk. Line the sides of a pudding dish with puff paste, put in custard and bake, after which beat whites to stiff froth, add 4 table-

PRACTICAL RECIPES

spoons of sugar and spread evenly over pudding and put back in open oven until slightly browned.

FROZEN PUDDING

- 1 pint of rich milk,
- 2 cups sugar,
- 1 cup of boiled rice,
- 2 tablespoons of gelatine,
- 1 quart of very thick cream,
- 1 pound of candied cherries,
- 4 tablespoons of good sherry.

Boil the milk and thicken with rice, stirring constantly while boiling for 15 minutes; add gelatine while hot, permit it to cool before adding the sherry. Freeze 10 minutes before adding fruit, which you stir in thoroughly, then add the cream whipped stiff. Turn out on a glass dish as you would serve ice cream.

BRANDY PUDDING

5 eggs beaten separately, 1 tablespoon of gelatine, dissolved in 3 tablespoons of brandy or whiskey. Wet the gelatine first with cold water. 4 tablespoons of powdered sugar, beaten into the yolks of eggs, then the stiff whites, slowly. Add nutmeg. Put in mould and when set serve with

PUDDINGS AND DESSERTS

whipped cream. Keep it on ice until served. If kept cold can be made the day before required.

PINEAPPLE PUDDING

$\frac{1}{2}$ a paper of Nelson's Gelatine dissolved in 1 pint of milk (first wet in cold water); 1 coffee cup of sugar; 4 eggs; $\frac{1}{2}$ can grated pineapple, then add 1 pint of whipped cream after mixture commences to congeal.

SHERRY WINE JELLY

2 ounces of gelatine dissolved in two quarts of water; juice of 3 large lemons, or 4 small. Just the juice of the lemons. 1 pound of sugar; 1 pint of good sherry; a few whole allspices, cloves and some sticks of cinnamon and blades of mace. Boil rapidly a few minutes. Dash in a little cold water and the wine added as it is taken off the fire. Strain into moulds.

COFFEE CREAM

Make one pint of strong coffee, dissolve in it $\frac{1}{2}$ a paper of Nelson's Gelatine, sweeten to taste, and set to cool. When beginning to congeal add one pint of whipped cream.

PRÁCTICAL RECIPES

CHARLOTTE RUSSE

1 pint of milk,

$\frac{1}{2}$ pound sugar,

3 eggs beaten separately. Add sugar to yolks and pour the boiling milk over them and boil a few moments or until the custard thickens. Stir until the fire heat passes off. Flavor with a teaspoon of lemon and vanilla. Have one ounce of gelatine dissolved in $\frac{1}{2}$ pint of water. When cool add to custard. Set it to cool until it begins to congeal, pretty stiff, then add the whipped cream slowly, but thoroughly, and pour into mould.

SPICED PUDDING

2 ounces of brown sugar,

3 ounces of butter,

2-3 cup of milk,

$\frac{1}{2}$ teaspoon soda in $\frac{1}{2}$ a pint of molasses.

Nearly one pound of flour. Teaspoon each of allspice, cloves, cinnamon and nutmeg. $\frac{1}{2}$ teaspoon salt. Beat sugar and butter together, then add spices, then eggs, then milk and molasses. Last of all add sifted flour. Boil in mould two hours.

PUDDINGS AND DESSERTS

ORANGE STRAWBERRIES

Place a layer of nice strawberries in a glass dish to be served in, covered thickly with pulverized sugar, another layer of berries, and so on until all are used. Pour over them orange juice in the proportion of three oranges to one quart of berries.

STRAWBERRY SHORTCAKE

1 quart of flour; $\frac{1}{2}$ teaspoon salt; 2 heaping teaspoons baking powder; 2 full tablespoons butter; 1 pint milk; sift flour, salt and baking powder together, rub in butter and milk enough to make soft dough, just enough to handle. Divide in half, roll each part out the size of a breakfast plate, spread butter on one and a slight sprinkle of flour, then put other on top and bake on a buttered tin plate. Have ready a pint of fresh strawberries that have been sprinkled with powdered sugar a half hour before required, divide the pastry without breaking, and put strawberries between crusts, and serve hot.

RICE PUDDING WITHOUT EGGS

2 quarts of milk, 2-3 cup rice, 1 cup sugar, piece

PRACTICAL RECIPES

of butter as large as a walnut, pinch of salt, $\frac{1}{2}$ nutmeg. Put in a pudding dish and bake 2 hours.

PERFECT DELIGHT PUDDING

2 cups bread crumbs, $\frac{1}{2}$ cup suet, $\frac{1}{2}$ cup molasses, 1 egg, 1 cup of raisins, $\frac{1}{2}$ teaspoon soda dissolved in 1 cup sweet milk, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, and a pinch of salt. Steam 2 hours and serve with lemon sauce. This will keep for days.

LEMON SAUCE FOR PUDDING

1 cup sugar, $\frac{1}{2}$ cup butter, 2 tablespoons flour, worked together until white and smooth; then add 2 cups of boiling water and the juice of 2 lemons. Cook until it thickens.

MOTHER'S PLUM PUDDING

2 cups of sugar, $1\frac{1}{2}$ cups suet, 1 pint sweet milk, 2 pounds raisins, 1 nutmeg, a pinch salt, 10 eggs, flour to make a stiff batter, boil 4 hours in a bag, wring the bag out dry and dredge with flour; flour the raisins. Serve with hot sauce. This is a tested recipe.

LEMON BUTTER FOR TARTS

From 2 lemons grate off the outer rind, squeeze

PUDDINGS AND DESSERTS

out juice; beat 6 eggs without separating, add 2 cups of sugar and a piece of butter the size of an egg; add lemons last; put all together in a bowl and set in boiling water until thick, and fill tarts of puff paste with this.

BROWN BETTY

Put a layer of light bread crumbs in a pan and a layer of sliced apples, and so on until the pan is as full as you want it. Sprinkle each layer of apples with sugar. A little butter and spice to taste.

FRUIT PUDDING

Slice 6 bananas, 3 oranges, 1 lemon and half a pineapple; place in alternate layers in a bowl and sprinkle with sugar; take a package of gelatine and soak thirty minutes or more in pint of cold water, add $1\frac{1}{2}$ pints of hot water to dissolve it, then add $1\frac{1}{2}$ cups of sugar. When the sugar is dissolved pour over the fruit and set on ice to harden or ready to serve. Serve with whipped cream.

HONEY-COMB PUDDING

One-half cup of flour; $\frac{1}{2}$ cup of sugar; $\frac{1}{2}$ cup of milk; $\frac{1}{2}$ cup of molasses; 2 tablespoons of butter; 4 eggs; 1 teaspoon soda; a little salt. Beat yolks

PRACTICAL RECIPES

of eggs light, mix with sugar, salt and molasses, then mix flour very smoothly with milk, add milk and butter melted, then the whites of eggs, and last the soda. Mix all together well, put in a buttered pudding dish and bake 45 minutes in a slow oven.

SAUCE

One-half cup butter; 1 cup sugar; 1 tablespoon cornstarch, a little water. Flavor to taste and boil a few minutes.

SAGO CUSTARD PUDDING

Wash and soak one teacup of sago in one pint of water one hour; take 3 eggs, 1 cup sugar and beat together, add 3 pints sweet milk, a little nutmeg and this sago; stir all together and bake. Bake not too fast. Serve cold with or without cream.

ORANGE CREAM

Heat $\frac{1}{2}$ cup orange juice and half a cup sugar over hot water; beat yolks of 2 eggs, add $\frac{1}{4}$ cupful of sugar and stir into the hot mixture, cooking until the spoon is coated with custard, then add $\frac{1}{4}$ ounce or 1 tablespoon gelatine dissolved in $\frac{1}{4}$ cup of cold water, then add $1\frac{1}{2}$ cups of whipped cream.

PUDDINGS AND DESSERTS

TAPIOCA CREAM

Take 3 tablespoons pearl tapioca, 2 cups sweet milk, 2 egg yolks, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoon salt, 2 eggs whites, $\frac{1}{2}$ teaspoon vanilla; soak the tapioca in milk one hour, cook in double boiler $\frac{1}{2}$ hour; mix egg yolks, salt and sugar; add to tapioca mixture and cook until it thickens; cool slightly, add stiffly beaten whites, cool, flavor and serve.

CARAMEL CUSTARD

One-half scant cup sugar, 1 tablespoon water, 2 cups of milk, 3 eggs, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla. Put sugar in granite saucepan over fire and stir until it melts and is light brown. Add the water SLOWLY and the hot milk, and add gradually to the eggs lightly beaten. Add salt and flavoring and bake in a mould put in a pan of hot water. Serve cold with caramel sauce.

BATTER PUDDING BAKED

4 eggs (the yolks beaten separately and whites separately), 1 pint of milk, 1 teaspoon salt, 2 cups sifted flour. Bake in an earthen dish that can be set on the table. Bake 45 minutes and serve with rich sauce.

PRACTICAL RECIPES

CHOCOLATE PUDDING

(*Mrs. P. D.*)

- 1 large cup of grated unsweetened Baker's chocolate,
- 1 large cup of pulverized sugar,
- 1 small cup of flour,
- 1 small cup of butter,
- 2 eggs well beaten,
- $\frac{1}{2}$ cup of milk,
- 1 teaspoon soda.

To be baked in a mould with hole in center like old-fashioned cake pans.

SAUCE

- $\frac{1}{2}$ cup grated chocolate,
- $\frac{1}{2}$ cup water,
- $\frac{1}{2}$ cup milk,
- $\frac{1}{2}$ cup sugar.

Boil until smooth. When serving fill center of pudding with stiffly whipped cream, putting some around the pudding also.

CHESTNUT CREAM

Take one quart fresh chestnuts, at point cut crosswise through shell; put them in colander over

PUDDINGS AND DESSERTS

kettle boiling water, covering them with cover; let steam until done. You can tell by trying one. Let cool; remove shells; crush in mortar and add a little vanilla bean and very little sugar. Rub through coarse sieve. Put in center of round platter, over it put stiff whipped cream completely covering it. On top of cream put brandied cherries here and there and serve.

BRANDY STRAWBERRIES

Three-fourths pound of sugar to 1 pound of fruit, boil from 3 to 5 minutes. To 7 pounds of fruit use 1 pint of brandy, when cold. Cover with brandy and seal.

APPLE MERINGUE

Boil tart apples after they are peeled and cored, put through a colander and sweeten. To 1 pint of this pulp, stir in lightly the whites of three eggs. Flavor with lemon and serve with cream.

BOHEMIAN PEACH CREAM

Crush a pint of fresh sliced peaches. Add to it 1 cupful of powdered sugar and the juice of a lemon. Dissolve one and one-half ounces of isinglass in a $\frac{1}{2}$ pint of water. Mix all well together

PRACTICAL RECIPES

and set the vessel upon ice, still stirring it until it begins to set. Whip nearly 1 pint of cream to a stiff froth and stir into the peaches. Fill the mould and let it remain on the ice until time to serve, when plunge into warm water for an instant, wipe the mould dry and turn it out, the cream into a dish, ready to serve.

SPICED APPLE

Take 6 apples and cut each apple into 8 pieces ; add $\frac{1}{2}$ a cup of brown sugar, $\frac{1}{4}$ of a teaspoon each of nutmeg, cinnamon and allspice, $\frac{1}{2}$ of a lemon, 2 spoonfuls of molasses and bake half an hour.

VERY RICH PLUM PUDDING

(Virginia recipe)

10 eggs, 1 pound each of chopped suet, chopped to a powder, raisins (stoned), currants (washed and dried). Candied orange and lemon peel and citron mixed one-half pound. 1 nutmeg, a little salt, a teaspoon of mixed spices, cloves, cinnamon and mace. 1 common glass of sherry wine (best). 1 common glass of brandy (best). 1 pound of stale bread crumbs, 2 or 3 tablespoons of flour. Boil 4 hours and burn brandy over it. Light the brandy just as it goes on the table. Eat with cold sauce.

PUDDINGS AND DESSERTS

FROZEN PUDDING

1 pint of rich milk; 2 cups of sugar (powdered); 1 cup of boiled rice; 2 tablespoons of gelatine; 1 quart of rich cream; 1 pound of candied cherries; 4 tablespoons of best sherry wine.

Boil the milk and thicken with the rice, stirring constantly for 15 minutes. Add gelatine while hot and permit it to get cool before adding cream and sherry. Freeze 10 minutes before adding wine, then add wine and stir in thoroughly and freeze altogether, and turn out the same as ice cream. If not frozen carefully, it will not be so delicate, as you do not want it stiff and hard.

WINE JELLY (SHERRY)

1 box of gelatine soaked in $\frac{1}{2}$ a pint of cold water; 1 pint of fine sherry wine; the juice and thin cuts of three lemons; a trifle more than $1\frac{1}{4}$ of cube sugar, scant pint of boiling water. The whites and shells of 4 eggs, well beaten. Small stick of cinnamon. Soak the gelatine in the cold water 1 hour. Then pour boiling water over all, instantly stirring well. Now add the sugar, eggs, lemon juice and wine. Strain the lemon juice

PRACTICAL RECIPES

through a fine strainer. The rind of the lemon must be cut in the thinnest possible cuts from the peel; these thin cuts take only the little globules of oil from the lemons, which is very delicate in flavor. The cinnamon adds much to the color. After stirring well, quickly put in a porcelain kettle and let boil hard for one minute, without stirring, then set the kettle back on the range to settle, skim off the scum very carefully and pour easily through a jelly bag. Flannel bags are the proper kind for wine jelly. This jelly should be entirely clear. If the first straining is not clear, strain a second time, always pouring very slowly through the bag. This recipe is splendid.

ORANGE SHERBET

Mix one pint of orange juice with the grated rind of two oranges, and the juice of two lemons. Let this mixture stand for one hour. Add one quart of water and a pint of sugar. Strain and freeze.

STRAWBERRY SHERBET

Take 2 quarts of strawberries, mash and strain them, use an equal quantity of water, 2 pounds of sugar dissolved in the water and the whites of 5 eggs.

PUDDINGS AND DESSERTS

Mash the berries and cover with sugar and let stand 1 hour. Press out the juice, add the water and freeze, then stir in the whites of the eggs, close carefully and freeze again.

ROMAN PUNCH

2 quarts of water,
1 pound of sugar,
5 lemons,
 $\frac{1}{2}$ pint of Jamaica rum.

Boil the water and sugar together for 15 minutes. Take it from the fire and when perfectly cold, add the juice of the lemons.

Put into a freezer and when about half frozen, add the rum. Let the punch stand in the freezer packed in ice for 2 hours before serving.

MILK PUNCH

To one tumbler of milk, well sweetened, add 2 tablespoons of best brandy. Put in some cracked ice, shake with a shaker until it foams. Sprinkle grated nutmeg on the top.

PRACTICAL RECIPES

PANCAKES à la SUSETTE

(*Mrs. H. B. C.*)

Ordinary large thin French pancakes. Make sauce of a large piece of butter size of 2 eggs. Allow to melt in pan, add juice of 2 oranges, little sugar, 2 or 3 liqueur glasses of Curacoa, $\frac{1}{2}$ glass of cognac, and allow all to come to a boil. Sprinkle each pancake with a little sugar, roll and pour some of this mixture over each one.

Ice Cream and Water Ices

DIRECTIONS FOR FREEZING ICES

To make the mixture smooth, slowly freeze it. You can pack the mixture in a square mousse tin full, then cover with a piece of white buttered paper (butter side up), put cover on securely and pack in equal quantities of rock salt and cracked ice, put a thick layer on bottom of dish pan, put in mould and pack the salt and ice over and around it. Cover with an old blanket and let stand four or five hours in a cool place. If one has no freeezer this is a good substitute and less trouble.

ICE CREAM

1 quart of cream,
5 small tablespoons of sugar,
Vanilla to taste,
2 cups of blanched almonds, chopped fine.
Whip cream to a stiff froth and add nuts the

PRACTICAL RECIPES

last thing before it is placed in the freezer. Stir frequently.

CHOCOLATE SAUCE FOR ICE CREAM

1 cup water, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ inch stick cinnamon, if desired; 1 square of Baker's chocolate, $\frac{1}{2}$ cup warm milk, 1 tablespoon of arrowroot, wet in $\frac{1}{2}$ cup of water, 1 teaspoon of vanilla, pinch of salt. Melt the chocolate in saucepan over the teakettle, heat the milk and water, then add arrowroot; add the sugar to the melted chocolate, stir until smooth; then add gradually warm milk and water; cook a few moments, add vanilla. Serve hot on ice cream.

PLAIN CHOCOLATE SAUCE FOR ICE CREAM

Melt 2 squares Baker's chocolate in a saucepan over the teakettle, add 4 tablespoons sugar, stir until smooth, add gradually one scant cup of hot water; boil ten minutes and add $\frac{1}{2}$ cup cream. Serve hot on ice cream.

ICE CREAM

CARAMEL SAUCE FOR ICE CREAM

1½ cups brown sugar, 3 large tablespoons of butter. Place on back of stove and allow to melt together, then add ½ a cup of cream, vanilla flavoring, and allow all to boil until it bubbles together for five minutes. Put very little vanilla in the ice cream. Boil five minutes before serving or it will candy and not pour.

CARAMEL SAUCE FOR ICE CREAM NO. 2

(Mrs. H. B. C.)

1½ cups of brown sugar; 3 large tablespoons of butter. Place on back of stove and allow to melt together; then add ½ cup of cream and vanilla to taste, and allow all to boil until it bubbles together for 5 minutes. Put very little vanilla in ice cream. Make sauce 5 minutes before serving, as it will candy and not pour.

FIG MOUSSE

Take 1 pint of fig preserves put in a bowl and pour over them a sherry glass of maraschino, a

PRACTICAL RECIPES

sherry glass of finest cognac and a sherry glass of benedictine, stir every half hour and allow it to stand in this mixture four hours.

Whip some confectioner's cream to a stiff froth, sweeten with a very little sugar, as the above mixture is very sweet. To this add all the soaked figs and stir thoroughly. Put into a mousse mould, pack with ice and leave undisturbed for 4 hours.

STRAWBERRY OR RASPBERRY MOUSSE

Crush some very choice strawberries in a bowl. In another bowl whip some confectioner's cream to stiffness, add very little sugar. Put into this whipped cream the crushed strawberries with all of their juice, mix thoroughly and fill brick mould with mixture, cover completely with ice and let stand 3 to 4 hours.

AN EASY DELICIOUS ICE CREAM

1 pint of rich cream, $\frac{1}{2}$ cup of pulverized sugar and a scant teaspoon of vanilla or lemon. Beat the cream to a stiff froth, sprinkle in slowly the sugar, add flavoring and freeze.

ICE CREAM

LEMON ICE

Juice of 4 lemons and grated peeling of one; $1\frac{1}{2}$ cups of sugar, mix together and stand over night, but it is not necessary. 1 quart fresh milk; freeze.

FRUIT ICE CREAM

(*Mrs. O.*)

Take juice of one pineapple and one cup of powdered sugar, allow to boil to smooth syrup. Place on ice. Then over chopped pineapple, cherries, bananas, strawberries, and oranges pour $\frac{1}{2}$ cup of maraschino and small glass of cognac—allow to stand 2 hours.

In tall glasses put some soft strawberry ice cream, then put as much of the chopped fruit mixture as cream and over all pour the pineapple syrup and serve.

Cakes

LEMON LAYER CAKE

4 eggs, beaten separately, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups of sugar, 2 cups of flour, $\frac{1}{2}$ cup of sour milk, 1 teaspoon soda in milk. Bake in four layer tins. When cool put lemon filling between. Frost top—excellent for any layer cake.

FILLING FOR LEMON LAYER CAKE

1 cup of boiling water, 1 tablespoon of corn-starch, blended with a little cold water. 1 egg beaten separately. Mix together and stir into the boiling water. Add one cup of sugar, juice and rind of 3 lemons. Let it boil up once and put immediately between the layers.

CHOCOLATE FILLING FOR SAME LAYER CAKE

1 cup of grated chocolate, $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ cup of sugar; boil 15 minutes. Flavor with vanilla

PRACTICAL RECIPES

and spread while hot between the layers and on top.

SPICED CAKE

1 cup butter, 2 cups brown sugar, 3 cups flour, 1 cup water, 3 eggs, 1 teaspoon of soda in the water, 2 cups finely chopped raisins, 1 teaspoon each of ground cloves, nutmeg, cinnamon, and allspice. A little salt. This cake keeps well.

GINGER SNAPS NO. 1

1 cup butter, 1 cup brown sugar, 1 cup molasses, $\frac{1}{2}$ cup ginger, 1 teaspoon soda dissolved in a little hot water and stirred into the molasses. A little salt and sifted flour, enough to roll out.

CRISP GINGER SNAPS NO. 2

1 cup of New Orleans molasses; 1 cup brown sugar; 1 cup butter. Set the molasses and sugar over the fire and let it come just to the boiling point; then pour into the butter and add one tablespoon of vinegar, 1 teaspoon each of cloves, cinnamon and nutmeg. When perfectly cold add the flour into which has been sifted 1 teaspoon baking powder. Have stiff enough to handle, roll out as thin as paper and bake in a quick oven. They will be as crisp as glass.

CAKES

GINGER SNAPS NO. 3

2 cups of molasses, 1 cup butter, 1 teaspoon soda dissolved in a little hot water and beaten into the molasses, 1 tablespoon ginger, teaspoon salt, 1 teaspoon nutmeg, flour to stiffen to roll thin and bake quickly.

DOUGHNUTS

1 cup sugar, 4 tablespoons of melted butter, 1 cup sweet milk, 3 eggs beaten separately, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, 3 teaspoons baking powder, sifted with flour enough to roll out one-half inch thick and fry in strips an inch wide in hot lard.

WALNUT WAFERS

$\frac{1}{2}$ pound brown sugar, $\frac{1}{2}$ pound walnuts chopped fine, 2 tablespoons of flour, 2 eggs, 1 teaspoon vanilla. Drop in buttered pans—far apart—and bake brown in the oven.

LEMON CAKE

$\frac{3}{4}$ cup butter, 3 cups sugar, 1 cup milk, $4\frac{1}{2}$ cups flour, 6 eggs, 1 lemon—juice and rind, 1 teaspoon of soda in the milk.

PRACTICAL RECIPES

SOFT JUMBLES OR COOKIES

1 pound flour, 1 pound sugar, $\frac{3}{4}$ pound butter, 6 eggs, a little salt and nutmeg to taste.

GINGER BREAD

1 cup butter, 1 cup brown sugar, 1 cup molasses, 1 cup sour milk, $3\frac{1}{2}$ cups flour, 2 eggs, dessert spoon of ginger, 1 teaspoon nutmeg, 1 teaspoon soda, half dissolved in the sour milk, and half beaten into the molasses, until it foams. A little salt. Can be baked in cups or loaf. Eaten hot with cottage cheese makes a delicious dessert.

GOOD COOKIES

1 pound brown sugar, $\frac{3}{4}$ cup butter, 6 eggs, even teaspoon soda dissolved in half a cup of cold water, dessertspoon of ginger, teaspoon of nutmeg, a little salt and flour enough to roll out as soft as possible.

SPONGE CAKE

1 pound sugar, $\frac{1}{2}$ pound flour, whites of 12 eggs, yolks of 4, juice of 1 lemon. Beat very lightly and bake quickly.

CAKES

SCOTCH CAKE

(Delicious)

Stir to a cream one pound of sugar, $\frac{3}{4}$ of a pound butter, into which put the juice and grated rind of one lemon, and a wine glass of brandy. Separate whites and yolks of nine eggs, beat each to a stiff froth, and stir into the mixture. Then add one pound of sifted flour and one pound of seeded raisins, and one-half teaspoon of grated nutmeg.

IMPERIAL CAKE

(Delicious)

$\frac{1}{2}$ pound butter, $\frac{1}{2}$ pound sugar, $\frac{1}{2}$ pound flour, $\frac{1}{2}$ pound blanched almonds, $\frac{1}{2}$ pound thinly sliced citron, $\frac{1}{2}$ pound seeded raisins, 5 eggs, $\frac{1}{2}$ wine glass sherry or brandy, 1 teaspoon nutmeg. Frost when cold.

MEASURED POUND CAKE

(Delicious)

$1\frac{1}{2}$ cups sugar, 1 heaping cup of butter, 2 cups of sifted flour, 4 eggs, beaten separately, $\frac{1}{2}$ wine glass of brandy, juice of half a lemon.

PRACTICAL RECIPES

DELICIOUS COOKIES

1 pound brown sugar, $\frac{3}{4}$ pound butter, 6 eggs, 1 teaspoon of soda; flavor with ginger and nutmeg. A little salt and only sifted flour enough to roll out as soft as possible.

CORNSTARCH CAKE

1 cup butter, 2 cups sugar, 1 cup cornstarch, dissolve in 1 cup of sweet milk, 2 cups sifted flour, whites of 7 or 8 eggs, according to size, 1 teaspoon of soda in milk, 2 teaspoons cream of tartar in flour. Stir the butter to a cream, add the sugar, then the milk and cornstarch, then the flour sifted two or three times, then whites of eggs beaten to a stiff froth. Flavor with lemon or vanilla. Bake in one loaf. The first hour slow, the next faster. Delicious if carefully baked.

WHITE FRUIT CAKE

Cream 1 pound butter and 1 pound sugar together, and to it add the beaten yolks of 12 eggs, 1 pound sifted flour, and 2 teaspoons baking powder; grate 1 cocoanut, blanch and chop $\frac{1}{2}$ a pound of almonds, and slice $1\frac{1}{2}$ pounds of citron; stir into the stiff beaten whites of eggs and add to the batter. Put in a pan which is lined with greased

CAKES

paper, and bake slowly for 2 hours. When cold ice with cocoanut icing. Splendid.

EGGLESS CAKE

1½ cups sugar, 1 teacup sour milk, 3 cups sifted flour, ½ cup butter, 1 teaspoon soda, 1 teaspoon each of cinnamon and nutmeg, 1 cup raisins, chopped fine and floured well.

FRUIT COOKIES

1 cup butter, 2 cups sugar, 1 cup raisins, stoned and chopped, 4 eggs, 4 tablespoons of milk, 2 teaspoons each of cinnamon and cloves, 1 nutmeg, 1 heaping teaspoon soda, flour to roll soft; cut thick; bake in moderate oven.

FRUIT CAKE

4 eggs, 1 cup sugar, 2 teaspoons cinnamon, 1 teaspoon cloves, 1 grated nutmeg, 1 cup sweet milk, 1½ seeded raisins, 1 cup currants, 2 teaspoons baking powder, 3 cups of flour and 1 cup of melted butter, ¼ pound of citron.

CHOCOLATE FROSTING

Whites of 2 eggs beaten to a stiff froth; add 1½

PRACTICAL RECIPES

cups pulverized sugar, 2 tablespoons grated chocolate and $\frac{1}{2}$ teaspoon vanilla.

PRALINES

Take 3 cups of light brown sugar; 1 cup of milk, butter the size of an egg; stir until it boils; let it boil until it threads from the spoon, then flavor with vanilla. Next stir in 2 cups of English walnut kernels, chopped, and beat vigorously until the mixture thickens. Drop it from a teaspoon upon a well buttered paper and let stand until it hardens.

DELICATE CAKE

1 cup butter, $1\frac{1}{2}$ cups sugar, 1 cup sweet milk, 2 cups of flour, 1 cup cornstarch. Mix teaspoonful cream of tartar with flour and cornstarch, dissolve $1\frac{1}{2}$ teaspoons soda in milk, the whites of 7 eggs beaten to a stiff froth and stirred in with flour and cornstarch. Flavor to taste and bake in loaf.

MARSHMALLOW FILLING FOR ANY CAKE

Boil 2 cups of sugar with 1 cup of water until it ropes. Just before removing from the stove add $\frac{1}{2}$ pound of marshmallows broken into bits; pour

CAKES

this gradually into the well beaten whites of 2 eggs; beat continuously until nearly cold, when spread between the layers and on top.

NUT CAKE

2 cups of flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup sweet milk, 2 eggs, 1 cup nut meats, chopped, 1 teaspoon vanilla.

SPICED COOKIES

3 cups brown sugar, 1 cup butter; 1 cup sweet milk; 3 eggs, 3 teaspoons baking powder, 3 teaspoons cinnamon, 2 of cloves, 2 of allspice, $\frac{1}{2}$ nutmeg, flour for stiff batter. Drop with a spoon and bake in a quick oven.

FRIED CAKES

1 cup sugar, 2 eggs, 1 cup sweet milk, 1 heaping teaspoon baking powder, 1 teaspoon cinnamon, 1 tablespoon melted butter, a little salt, flour enough to mix soft. Fry in hot lard.

DROP OR SPICE COOKIES

1 $\frac{1}{2}$ cups butter, 1 cup sweet milk, 3 cups brown sugar, 3 tablespoons cinnamon, 3 teaspoons bak-

PRACTICAL RECIPES

ing powder, 3 eggs, flour to make stiff batter, drop small spoonfuls on greased tins, placing a seeded raisin on top of each. Bake in rather hot oven.

CAKES

Many prefer water to milk for their nicest cakes. Use one level teaspoon of soda to a pint of sour milk. In recipes calling for one teaspoon of soda and two of cream of tartar, baking powder may be used instead, using three teaspoons.

POUND CAKE

1 lb. of butter; 1 lb. powdered sugar; 1 lb. of flour, well sifted; 10 eggs; 1 very scant teaspoon of yeast powder; a very little nutmeg; a little brandy. Drop your yolks into the butter and sugar (having first creamed the butter and sugar together thoroughly) without breaking the yolks. Beat the whites separately. Put the nutmeg into the butter and sugar, then a little flour, then eggs, then flour and so on alternating until all is in. This method makes your cake richer and smoother. Bake with a not too hot, but even fire. Bake until the straw comes out clean.

CAKES

BELMONT CAKE

Mix 1 cup of butter with 3 cups of sifted sugar, very light; beat 5 eggs, yolks and whites separate and add yolks to sugar and butter and beat; then 5 cups of flour measured after flour is sifted (even full with cup); 2 heaping teaspoons of yeast powder, sift twice with the sifted flour; add a little by degrees to the mixture, alternating with milk (blood heat). Do this until you have used all the flour and milk, then add and beat in well, 1 teaspoon of cloves, 1 of cinnamon, $\frac{1}{2}$ of grated nutmeg. Before you start your cake, take 2 pounds of nice large raisins, stone first, then boil 15 minutes in enough water to cover them, strain in a cloth, wipe dry and dredge with some flour, to prevent falling to the bottom when baking. Add these last to your cake mixture. Before you add the raisins, add the whites of the eggs beaten to a stiff froth and flavor with any flavoring you like.

PRACTICAL RECIPES

POUND CAKE NO. 1

1 pound of butter,
1 pound of sugar,
1 pound of flour,
1 dozen eggs, flavor to taste.

POUND CAKE NO. 2

Mix 1 pound of sugar with 1 pound of butter, very light. When worked white and creamy, stir in the yolks of 8 eggs, beaten to a froth, then the whites of the 8 eggs beaten to a stiff. Sift one pound of flour 3 times and stir into the mixture by degrees, also a very little nutmeg to taste. If you wish to have the cake particularly nice, stir in just before you put it into the pan, a quarter of a pound of almonds, blanched and powdered fine in rose water, and a wine glass of good brandy. If you care to add thinly sliced citron, do so, but rub with flour slightly before adding to prevent it from sinking to the bottom of the cake. Bake in a moderately hot oven.

CAKES

FRUIT LAYER CAKE

(*Mrs. J. D.*)

2 eggs—save white of 1 for frosting,

1 cup of brown sugar,

$\frac{1}{2}$ cup of sour milk,

$\frac{1}{2}$ cup of butter,

1 cup of raisins chopped—or put through grinder,

$1\frac{1}{2}$ cups of flour,

1 teaspoonful soda—

Dissolve soda in a little hot water.

$\frac{1}{2}$ teaspoonful cinnamon,

$\frac{1}{4}$ teaspoonful nutmeg.

Melt the butter and fill the cup with sour milk.

Made in 2 layers with frosting between and on top.

Will not keep long (for several reasons).

Candy

ANNA STRINGFELLOW'S RECIPE FOR FUDGE

2 cups of light brown sugar,
1 cup of milk,
1 piece butter the size of egg,
1 tablespoon grated chocolate.

Let it come to a good boil, then take it off fire and beat until it stiffens. Spread chopped nuts on a greased platter and pour fudge over it. Then cut in squares.

TAFFY

$\frac{1}{2}$ pound of chocolate grated fine,
2 cups of sugar,
2 cups of molasses,
 $\frac{1}{2}$ cup of milk.

Piece of butter the size of an egg. Boil 20 minutes. Add vanilla extract and permit to boil up once. Pour in shallow pans, crease in squares just before it is cold.

CHOCOLATE CARAMELS

$\frac{1}{2}$ pint of rich milk, $1\frac{1}{2}$ squares of unsweetened Baker's Chocolate, soften on the fire. Let the milk boil, then stir in the chocolate *very* hard; add $\frac{1}{2}$ pint of the best white sugar and 2 table-spoons of molasses. Boil until very thick, taking care not to burn it.

Pour on buttered tins and when nearly cold cut in squares.

ORANGE BLOSSOM PASTILLES

(Mrs. J. R.)

Boil one hundred and twenty-five grammes of white sugar in three tablespoons of water until it forms little globules, when dropped in a cup of cold water. Now throw in thirty-one grammes of fresh orange flower petals and allow to cook until sugar becomes brittle. Drop it on white paper the size of a dollar piece. Remove from paper the moment they take their forms.

If the quantities indicated above are not sufficient to fill dish, so proceed in the same way for as many as one needs. If greater proportions are used the sugar would become solid before the preparation could be put on the paper. One can use fewer orange blossoms if desired.

Marmalade and Preserves

ORANGE MARMALADE

(*Mrs. E.*)

Slice the oranges very thin and use every part of them. To each pound of sliced fruit add 3 pints of cold water and let stand 24 hours. Then boil until absolutely tender, and stand again 24 hours, or over night. Then add 1 pound of sugar to each pint of fruit and water. Boil an hour and three-quarters and no longer. Lastly add lemon juice, about seven lemons to one dozen oranges. Add the lemon juice just as the marmalade is taken off the fire to be put in glasses.

FIG JAM

To 2 pounds of figs, after peeling, add 1½ pounds of white sugar, juice and rind of three lemons or oranges (large), boil slowly 2 hours. Perfectly delicious.

PRACTICAL RECIPES

SPICED PEACHES

2 oz. ground allspice,
2 oz. ground cloves,
4 oz. stick cinnamon,
1 qt. water,
1 qt. wine vinegar,
8 lbs. brown sugar.

Put spices in water and let boil one hour, add vinegar and sugar, and allow to boil until it becomes a syrup. Add peaches, sticking into each one 2 cloves. Let boil about 10 minutes. Take out and lay on large platter. Cook all the peaches like this and then put in large-mouthed glass preserve jars, turning over the hot syrup and close immediately.

SPICED CHERRIES

(Old-fashioned)

Pit White Royal Cherries with cherry pitter, and use $\frac{3}{4}$ of a pound of granulated sugar to each pound of fruit, 1 pint of vinegar to every 4 pounds of fruit, add one-half ounce of cinnamon, and one-quarter ounce of cloves to 4 pounds of fruit. Let sugar, vinegar and spice come to a boil, put in some of the fruit, a little at a time, and cook until transparent, when skim out and

MARMALADE AND PRESERVES

lay on a platter until the whole is cooked (to cool). Then return cherries to kettle and boil 20 minutes. Bottle in pint jars.

SPICED CURRANTS

2 pounds currants; $\frac{3}{4}$ pound brown sugar; teaspoon each cloves, cinnamon and allspice; 1 pint vinegar. Stew about half an hour and bottle in small jars.

BRANDY PEACH JAM

Three-fourths pound sugar to every pound of fruit. Pare and pit 7 pounds of nice fresh peaches; make a syrup of 5 pounds of sugar with 1 pint of water. Boil until fruit is transparent. Let it cool, when add $\frac{1}{2}$ cup brandy to every cup of fruit.

TOMATO PRESERVES

4 lbs. of sugar,

1 pint of water for the syrup,

8 lbs. of tomatoes, small yellow ones are the best; remove the skins and cook in the syrup, adding

1 ounce ginger root,

3 sliced lemons. Boil slowly for two hours.

PRACTICAL RECIPES

RASPBERRY JAM

Add one pint of currant juice to every 4 pounds of fruit. Boil for half an hour, stirring and skimming well. Dip out most of the juice and add the sugar, and boil 20 minutes longer.

TUTTI FRUTTI PRESERVES

This preserve is a most delicious as well as an unusual one, and has the merit of being economical besides, inasmuch as it utilizes small quantities of fruit which might otherwise be thrown away. For this purpose can be used any and all kinds of fruits, beginning with the strawberry and adding each in its turn until the end of the season. For an ordinary sized family, start a 2 gallon stone jar early in June, with one quart of white preserving brandy. Add the fruit as you have it, always putting in an equal amount of sugar, and keep well stirred from the bottom. For example, if you begin with a quart of strawberries, also add a quart of sugar. If at some time you put in a cupful of fruit left over from dinner, add a cupful of sugar also. The brandy perfectly preserves the fruit and the mixture of flavors gives an exceedingly delicious result. Add oranges and lemons cut up with the peel, water-

MARMALADE AND PRESERVES

melon rind, stoned raisins, pineapple, cherries, and in fact every variety of fruit. The preserve being a very rich one, it will be found excellent put in ice cream and frozen, as well as to be used separately. Some maraschino added to the brandy or any other liquor improves the flavor very much. After the jar is filled, it must be stood away for several months, or a full year, in order that the flavors may become blended and harmonious. Indeed about Christmas is a good season for opening the jar, when it adds greatly to the pleasures of the holiday menus.

Pickles

CHILI SAUCE

7 pounds of ripe tomatoes, skinned.
 $\frac{1}{2}$ pound Chili pepper,
6 good sized onions,
4 cloves of garlic,
2 cups of vinegar,
 $\frac{1}{2}$ cup of brown sugar,
 $\frac{1}{2}$ cup white mustard seed,
 $\frac{1}{2}$ cup black mustard seed,
 $\frac{1}{2}$ teacup of salt. Boil slowly 4 hours, stirring frequently. Seal in cans or bottles while hot. Small receptacles are better than large.

CUCUMBER PICKLES

Slice a peck of cucumbers (such as you would use for salad), 12 large white onions, sprinkled well with salt. Let stand 24 hours. Then drain well and cover with weak vinegar. After standing three or four days, drain them again. Then mix with a half pound of white mustard seed, half a pound of black mustard seed, a few red pepper

PRACTICAL RECIPES

pod8 chopped fine, 2 tablespoons coriander seed and put in small cheese cloth bags, some tumeric to color the mixture, then cover with good cider vinegar. Put up in stone jars, and stir occasionally. A delicious relish for cold meats.

HIGDUM

4 quarts of cucumbers, chopped fine, 2 quarts onions, sprinkled with handful of salt. Put in sieve or colander and allow to drain over night, then mix them well together, add 1 pint of cooking sherry, small wine glass of sweet oil, 1 teaspoon cayenne, 1 teaspoon ground mustard, $\frac{1}{2}$ cup each of white and black mustard seed. Cover with diluted cider vinegar, stir 2 or 3 times and put in pint pickle jars.

PICKLED FIGS (SWEET)

7 pounds of figs,
3 $\frac{1}{2}$ pounds of light brown sugar,
3 pints of vinegar,
2 ounces of stick cinnamon,
2 ounces of whole allspice,
2 ounces of whole cloves.

Let this mixture boil for half an hour, then pour hot over the figs, which have been previously

PICKLES

placed in a stone jar. The next day repeat the same process, that is boil the syrup for half an hour and pour over the figs. This must be done three consecutive days; your figs will then be ready to eat.

TOMATO SOY

2 dozen large green tomatoes,

2 dozen medium sized onions (white).

Slice them and put in alternate layers in a bowl or pan, sprinkle salt between each layer until the bowl is filled. Put a heavy weight so as to press the tomatoes down. This must stand over night. The next morning pour off all the water which has accumulated. On the third day sprinkle through it a small box of dry mustard, some celery seed, some white and black mustard seed. Take as much vinegar as will cover the tomatoes and onions and half the quantity of *brown* sugar. Put on the fire and boil for 20 minutes. Tie whole cloves, allspice, mace, and whole peppers in a bag, and boil with the tomatoes. When the whole is cold, stir in a quart bottle of olive oil.

OLD-FASHIONED CUCUMBER PICKLES

Procure three or four hundred small green cucumbers (2 or 3 inches long). Wash thoroughly and place in a stone crock, cover with cold water and let stand five hours, drain off water and put 3 pints of cooking salt well through them, turn over enough boiling water to cover them and leave until next day. Then wash them with cold water and dry. Scald 3 pints of cider vinegar and 1 pint of water; add 2 ounces each of black and white mustard seed, same of whole (not ground) cinnamon, allspice, cloves and let boil for 15 minutes. Pour while it is boiling over the cucumbers into which you have a cup of sliced horseradish root.

Drinks

EGG NOGG

6 eggs beaten separately, 1 quart of thick cream, beaten stiff, $\frac{1}{3}$ pound of sugar, 1 pint of milk, 1 pint of whiskey. Add sugar to well-beaten yolks, then the whiskey by degrees, then the milk and $\frac{1}{2}$ teaspoon nutmeg, then the whites and then the cream, both beaten stiff, and added gently to the mixture. Stand receptacle in pan of cracked ice until ready to serve.

HOT SCOTCH WHISKEY PUNCH

Grate the rinds of three lemons and squeeze the juice on $\frac{1}{2}$ a pound of sugar. Add one pint of whiskey and one quart of boiling water. Good for a nightcap when the thermometer is below zero.

LEMONADE

(Mrs. W. P. M.)

Juice of 12 lemons, 2 cups granulated sugar; boil juice and sugar until it becomes a syrup. Put

PRACTICAL RECIPES

in ice chest until needed ; add water and sliced lemons.

SUMMER BEVERAGES

MEAD

On 3 pounds of white loaf sugar, pour 3 pints of boiling water, add one pint of molasses, $\frac{1}{4}$ ounce tartaric acid, and one ounce of essence of sassafras. When cold bottle it, and keep in a cold place. When ready to use it put three tablespoons of the syrup in a tumbler and nearly fill it with iced water, then add $\frac{1}{2}$ a teaspoon of soda and drink while effervescing.

ANOTHER MEAD

Make a thick syrup of 4 pounds of white sugar with one pint of water and a quarter of a pound of tartaric acid ; flavor one-half ounce of essence of sassafras. Then bottle. When ready to use, put 2 tablespoons in tumbler and nearly fill with iced water, then add $\frac{1}{2}$ teaspoon of soda. Beat well and drink while effervescing.

GOOD TEA

Of all the cups that cheer, there is nothing like the smoking hot cup of tea, made with boiling

DRINKS

water in a thoroughly scalded teapot. Put into the pot the required amount of tea, pour over it boiling water, cover the teapot so that no fumes may escape, and allow the tea to stand and infuse for seven minutes, when it should be poured at once into cups. One teaspoon of tea and one cup of hot water is the usual allowance for each person. Freshly boiled soft water is the best for either tea or coffee.

COFFEE

Take of freshly ground coffee a tablespoon heaping for each person and one extra for the coffee pot. Mix with it 1 egg, shell and all, add a little cold water and mix thoroughly, add a large coffee cup of boiling water for every tablespoon of coffee, and let boil for 15 minutes, stirring down two or three times, turn out a cup full and turn back twice to clear it. A dash of salt is an improvement. Always scald the pot before making the coffee.

GINGER ALE JULEP

(Mrs. H. B. C.)

Put a scant cupful of granulated sugar into a glass pitcher, squeeze upon it the juice of 6 lem-

PRACTICAL RECIPES

ons. When it has dissolved, stick half a dozen stalks of mint in pitcher slightly bruised, between thumb and fingers. Now add a cup full of pounded ice, and then put in 2 bottles of imported ginger ale. Pour out at once.

STRAWBERRY ADE

One quart of nice fresh selected berries mashed up fine, 1 pint of water, 1 cup of sugar. Stir up well together and strain through cloth. Add ice. A cooling beverage.

CURRENT WATER

(Mrs. H. B. C.)

This drink is a wonderful quencher of thirst. To one quart of water add one cup of sugar and two cups of tart currant jelly. Boil till dissolved, then add the juice of 3 lemons and 3 oranges. Pour into pitcher with chopped ice with slices of oranges on top.

CHERRY ICE

1 quart canned maraschino cherries, 1 quart of water and sugar to taste. Freeze and serve. This is very refreshing on a hot summer's day.

DRINKS

TEA PUNCH

Take the thin yellow rind and juice of lemons, (be careful not to get in any of the white skin of the lemon, as it is bitter). A teaspoon of black tea. Boil tea in a pint of boiling water ten minutes and strain through a linen cloth; add 1 pound of cube sugar, something less than a pint of champagne, $\frac{1}{2}$ a bottle of brandy and $\frac{1}{4}$ of a bottle of Jamaica rum. Allow it to stand three days, then add 1 bottle of champagne, tumbler and a half of brandy, $\frac{1}{2}$ a tumbler of rum. This quantity will be enough for about 30 persons.

For a party of 100 use 3 dozen lemons; 1 dozen teaspoons of tea; $\frac{1}{2}$ gallon of water; 3 pounds of sugar. Make this 10 days before it is wanted and put in a 3 gallon demijohn. Use 9 bottles of champagne, $1\frac{1}{2}$ bottles of brandy, 1 bottle of rum. The night it is used add 1 quart of sherry wine, pour into your punch bowl with a large piece of ice and slices of pineapple. The longer it stands the strength of the liquor escapes.

SHERRY COBBLER

In the bottom of a wide mouthed pitcher place a layer of sliced pineapple, a slice of lemon and a

PRACTICAL RECIPES

slice of orange; sprinkle with sugar and pounded ice; put in another layer of fruit, then another of ice, until one pineapple, 1 lemon and 1 orange have been used. Cover with ice and sugar and let stand for a few minutes. Add 2 tumblers of water, stir well, put in more pounded ice and add one tumbler of good sherry wine. A delicious drink.

ORANGE COCKTAIL

8 oranges, the juice sweetened to taste.

1 teaspoon of Angostura Bitters.

1 claret glass of bourbon whiskey.

Put in a preserve jar and place on ice for several hours before serving.

Pour in punch glasses.

Very nice to replace grape fruit for luncheon.

Dishes for Invalids

POP ROBIN

To one quart of boiling milk add a tablespoon of sifted flour, made smooth with a little cold milk; turn it into the boiling milk, stirring until it is the consistency of cream, add salt to taste. Rub together a tablespoon of butter with the same quantity of flour and add enough of the boiling mixture to make little drops of dumplings the size of small peas or rice kernels, dropping the batter slowly from a spoon into the mixture, and when it has boiled 10 or 15 minutes it is ready to serve. This is very nourishing and easily digested. A little sugar and cream can be added if desired.

CORN MEAL GRUEL FOR INVALIDS

Mingle 2 tablespoons of fresh corn meal to 1 quart of boiling milk. Add a little salt. Cook in a double boiler for one hour or more. A little

PRACTICAL RECIPES

cream can be served with it or added to it, just before serving.

RICE FOR THE SICK ROOM

One-third cup of rice to $1\frac{1}{2}$ cups of water (cold), let simmer for 2 hours. Add a little cream, sugar and salt and serve while hot.

SCRAPED BEEF SANDWICHES

Cut whole wheat bread very thin, spread with butter, scantily cut the bread in dainty triangles and place scraped beef, salted, between layers. 1 pound of beef is sufficient. Scrape with a sharp steel knife. The patient will never know he is eating raw meat until told.

BEEF TEA

One pound of lean beef, cut into small pieces, put inside of glass can or bottle with 1 pint of cold water. Do not screw lid down very tight. Set inside another vessel in water. Let simmer 2 or 3 hours. When sufficiently cool add a little salt and strain if desired.

DISHES FOR INVALIDS

BARLEY WATER

(Invalids)

Wash well 1 cup of pearl barley and pour over it 1 quart of cold water, and let boil until the barley is quite soft. Strain off the water, add salt and give to patient several times a day.

BEEF EXTRACT

(For invalids)

Soak 1 pound finely chopped lean beef in a quart of cold water for 1 hour, then gradually raise to a boiling point and simmer 15 minutes, add a pinch of salt, strain and serve hot.

BEEF JUICE

(For the sick)

Take a round of steak, always the best piece of meat for invalids, cut in pieces the size of your hand. Have ready a coffee cup set in boiling hot water. Broil your steak quickly on both sides, turning quickly to retain the juice, broiling only enough to start the juice; squeeze with a lemon squeezer the juice into the hot cup, add a little salt and carry to the invalid with the cup still in the hot water, to prevent coagulation.

TOMATO SOUP.

(For the sick).

To half a can of tomatoes add a pinch of soda, the same of salt and pepper, a small piece of butter, milk and cream. Let this come to a boil, then strain through a thin cloth, and serve to the sick while hot.

SAGO MILK FOR THE SICK

Wash $\frac{1}{2}$ ounce of sago and soak in tea cup of cold water for an hour or more. Drain it and add one pint of good milk and let it simmer until the sago is entirely incorporated with milk. Sweeten it with white sugar. It may be flavored with vanilla or nutmeg if allowed by the physician.

HOW TO MAKE BEEF JELLY

Beef jelly is an excellent food for invalids. Put one pound of beef cut fine into a porcelain lined stew pan with a pint of water. Let it stand $\frac{1}{2}$ an hour and then put on the stove where it will heat gradually. When boiling hot skim carefully and put where it will simmer gently for half an hour. While this is cooking, put $\frac{1}{3}$ of a box of gelatine in 2 tablespoons of cold water. Salt the broth to taste and strain boiling hot over the gelatine. Stir until dissolved. Strain into cups or moulds and set away to cool.

Hints to Young Housekeepers

A clean kitchen and plenty of useful utensils are necessities.

All fish should be cleaned as soon as brought from market, washed thoroughly and put in strong salt and water for half an hour, then dried on clean towel, sprinkled with pepper and put in ice chest until ready to cook. Poultry and birds should be treated in the same way.

Vegetables should be looked over, washed and placed in cold water until time to cook, as soon as brought from market.

Milk should never be placed in a compartment of an ice chest with anything else but butter.

Cucumbers should be pared and thrown into iced water until time to serve, when they should be sliced, not too thin, and *never* be put in salt and water.

A piece of charcoal put in the pot with cauliflower or cabbage will prevent odor.

In buying turkeys always select young hens to

PRACTICAL RECIPES

weigh 7 or 8 pounds. If for more than 7 people provide two turkeys so everyone can have their choice, and if some is left over for next day, so much the better. Always put the carcass in the soup kettle.

In boiling chickens, turkeys, lamb, mutton, corned beef, or pickled tongue, use boiling water. Making soup or boiling smoked tongue, use cold water, also ham and leave it in the water it was cooked in all night. The first water should be thrown away and fresh cold water, enough to cover it, be put in the kettle to finish cooking it.

In using sour milk for cake or biscuit, use carbonate of soda, teaspoon to one pint of sour milk. In using sweet milk, soda and cream of tartar or baking powder, *never both*.

To beat whites of eggs quickly add a pinch of salt.

To keep cake from sticking to bottom of pan, sprinkle pan with flour lightly after rubbing it with butter.

1 level teaspoon of soda is enough for one pint of sour milk.

In recipes calling for 1 teaspoon of soda and 2 of cream of tartar, baking powder can be used instead, using 3 teaspoons.

Always order veal kidneys.

TO YOUNG HOUSEKEEPERS

Always cut several slits in the top crust of chicken or meat pie to let out the steam.

Four or five common playing marbles in the bottom of a kettle of boiling fruit juice by their constant motion will prevent scorching and make unnecessary constant stirring.

WEIGHTS AND MEASURES

4 gills	1 pint
2 pints	1 quart
4 quarts	1 gallon
16 ounces	1 pound

2 cups of granulated sugar = 1 pound.

2½ cups of powdered sugar = 1 pound.

1 heaping tablespoon of sugar = 1 ounce.

1 heaping tablespoon of butter = size of an egg.

1 cup of butter = ½ pound.

1 heaping quart of flour = 1 pound.

